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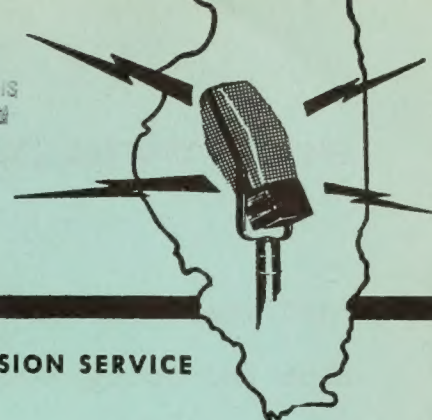
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Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR BROADCAST SATURDAY, JANUARY 1, 1949

Family Money Management--It's Important

(1:30) January 1--and a new year ahead! The start of the year is a good time to consider our pennies and dollars and their use--if we want them to pay dividends.

Mrs. Ruth Crawford Freeman, home accounts specialist, University of Illinois College of Agriculture, says family money management is vitally important, if we are to achieve our short-time and long-time goals. Both annual and long-time plans are needed in order to balance present needs and wants against future needs and wants. Plans that are made but not recorded are of far less value than those that are put in writing.

If you want a tool to help you in managing your dollars and pennies in 1949, send for a copy of the University of Illinois publication "OUR FAMILY'S MONEY MANAGEMENT PLAN." It outlines steps in family financial planning and is based on a seven-year plan. It is designed for both annual and long-time financial planning.

For your copy of "Our Family's Money Management Plan" write to the University of Illinois College of Agriculture, Urbana, Illinois.

Radio News

OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

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FOR BROADCAST SATURDAY, JANUARY 1, 1949

"Who's Delinquent?" Watch for This Movie

(1:30) The picture "WHO'S DELINQUENT?" is now ready for release. It will be shown shortly in theaters throughout the country. Please watch for it in your community--ask your local theater manager about it.

E. H. Regnier, rural sociologist, University of Illinois College of Agriculture, says the National Committee on Prevention and Control of Juvenile Delinquency has worked closely with RKO-Pathe in making the picture--both in terms of script and interpretation. In addition the original script was submitted to several of the national welfare organizations. In as far as possible their suggestions were incorporated in the final production.

This is a picture you'll want to have shown in your community. It's a grim story, yet one like it happens every day. It is a film that faces the question "Who's Delinquent?" squarely and honestly. Please contact your local theater for playdate information. Let folks in your community know when the picture "Who's Delinquent?" will be shown.

Peanut Butter Caramel Sauce--Topping for Ice Cream

(:30) If you're serving refreshments this afternoon or evening, why not try vanilla ice cream with Peanut Butter Caramel Sauce? It's a fine combination, and the sauce is easy to prepare.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you use your own favorite recipe for Caramel Sauce. Prepare it as usual and add 3 to 4 tablespoons of peanut butter when you remove the sauce from the heat. Cool it slightly and serve it warm over generous helpings of vanilla ice cream.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR BROADCAST MONDAY, JANUARY 3, 1949

Home Calendar

(:15) ST. CLAIR COUNTY Home Bureau Folk and Square Dance Jamboree Wednesday, January 12, 1949, 7:30 p.m., Turkey Hill Grange Hall, southeast of Belleville. Rural Youthers, Bill Grommet and Joe Schneider, will be in charge of the dance program. Refreshments will be served by the County 4-H Club Federation.

Tour to Europe--Illinois Rural Folks Have It in Mind

(1:30) Plans for a six-week tour to Europe in August, 1949 are in the making. Illinois rural chorus members and folks interested in music, drama, and folk festival work are checking schedules.

Dr. D. E. Lindstrom, rural sociologist, University of Illinois College of Agriculture, says requests for application blanks are coming in to his office already. World Studytours of Columbia University is arranging reservations for one hundred to one hundred fifty persons.

At present the itinerary includes England, Denmark, and Sweden. Arrangements will be made in each country for visits to typical and model farms to talk with agricultural officials and members of farm organizations. There will be an opportunity to attend at least one evening of theater, concert or festival, and to make at least one sight-seeing trip in each major city.

For information regarding the tour contact your county farm or home adviser. Or, if you prefer, write to Dr. D. E. Lindstrom, University of Illinois College of Agriculture, Urbana, Illinois.

FOR BROADCAST MONDAY, JANUARY 3, 1949

Creole Eggs on Toast--A Good Supper Dish

(2:00) If you're on the hunt for a tasty supper dish, and one that is quick to prepare, try Creole Eggs on Toast. Hard-cook the eggs in advance and you can have the dish ready to serve in 15 or 20 minutes.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says no special recipe is necessary, if you are an experienced cook. Sliced hard-cooked eggs plus a good tomato sauce and seasonings to taste are the chief requirements. In case you need a recipe, she suggests this one:

CREOLE EGGS ON TOAST

4 to 6 hard-cooked eggs, sliced
1 1/2 cups tomato soup
Salt and Pepper
2 tablespoons chopped green pepper
1 tablespoon butter or bacon fat
1 tablespoon flour
Buttered toast

Melt the fat, add the green pepper and simmer until the pepper is tender. Add the flour and blend thoroughly. Add seasonings and the sliced eggs. Heat thoroughly and serve on buttered toast. IF THE CONDENSED SOUP IS USED, OMIT THE FLOUR FROM THE RECIPE AND DILUTE THE SOUP--USING MILK OR WATER--TO A CREAMY CONSISTENCY.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR BROADCAST TUESDAY, JANUARY 4, 1949

Home Calendar

(1:30) CHRISTIAN COUNTY Home Bureau Membership Planning Meeting Tuesday (today), January 4, 1949, 1:30 p.m. Methodist Church, Taylorville, Illinois. County board members are to meet with Mrs. Mary Ligon, University of Illinois Home Economics Extension, in the morning.

RURAL YOUTH Training Schools (District) scheduled for week of January 9-15, 1949. (All schools are scheduled for 7 p.m.)

Wednesday, January 12, Iroquois Co., Presbyterian Church, Watseka.

Thursday, January 13, Fulton Co., YMCA, South Main St., Canton.

Friday, January 14, Adams Co., Salem Hall, 431 South 9th St., Quincy.

District training schools are conducted with the cooperation of the Illinois Agricultural Association, University of Illinois Rural Youth staff, and county Rural Youth leaders. They are designed to help leaders plan and carry out the county Rural Youth program.

Radio News

WEDNESDAY, JANUARY 12, 1938

THE NATIONAL BROADCASTING COMPANY

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Fish--Fresh or Frozen

(2:00) Be sure to stop at the fish and seafood counter when you do your marketing this week. Fish--either fresh or frozen--is especially plentiful the country over, according to the United States Department of Agriculture. Prices should be in line with everyday budgets.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that fish fillets and steaks call for a sauce. She suggests Quick Tartar Sauce. It is excellent in flavor and, as the name implies, needs only a few minutes' preparation time. The prepared mayonnaise is used as the base for the sauce. Here's the recipe:

QUICK TARTAR SAUCE

1 cup mayonnaise	2 tablespoons chopped olives
1 tablespoon capers	1 teaspoon chopped parsley
2 tablespoons chopped pickles	1 teaspoon grated onion

Fold the ingredients into the mayonnaise, and chill slightly. Serve with hot fish--steaks, fillets, poached fish--or fish salads. Vary the "seasoners" to suit family tastes. Minced pimiento or finely chopped green pepper may be substituted for one of the ingredients listed or may be used in addition. Many homemakers prefer just a trace of garlic. Add it with a very light hand when you use it. It should enhance the fish flavor--not mask it.

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Journal of Management Inquiry 16(4)

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JANUARY 5, 1949

Home Calendar

(:30) FARM AND HOME WEEK--Forty-eighth Annual--January 31, February 1-3, University of Illinois campus, Urbana, Illinois. Program includes special sessions for homemakers. First homemaker session opens Monday afternoon, January 31, 1:00 o'clock. Miss Fannie M. Brooks, associate professor of health education, emerita, will discuss "Cancer Control."

You are invited to attend any or all Farm and Home Week sessions. There is no registration fee, and it will not be necessary to make advance reservations for rooms. Accommodations will be ample for all Farm and Home Week visitors.

Christmas Seals--Don't Forget Them

(:30) Just a reminder about the Christmas Seals Uncle Sam's delivery boy left in your mail box early last month. If they happened to get tucked away in the desk drawer or cupboard during the holiday rush, remember there is still time to send your pennies to local headquarters.

Your pennies are important--they are needed. They are used to fight the battle against tuberculosis in your community. Christmas Seal pennies buy protection for your family and for other families in your community.

Spiced Pineapple Sauce--For Waffles

(1:30) Crisp, golden-brown waffles are very much in the news these days when it comes to menu plans. They usually receive a hearty welcome any hour of the day--breakfast, lunch, supper, or late evening snack.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says one way to keep waffles interesting is to vary the sauce or topping. She suggests Spiced Pineapple Sauce. It's quick to prepare and can be made well in advance of the time needed if stored in the refrigerator. Here's the recipe:

SPICED PINEAPPLE SAUCE

- 1 No. 2 can crushed pineapple
- 1 cup brown sugar
- 1 cup water
- 1 teaspoon cinnamon

Combine ingredients in order given and simmer slowly until the syrup is slightly thickened--about 15 minutes. Serve warm over waffles.

Candle Wax--How To Remove

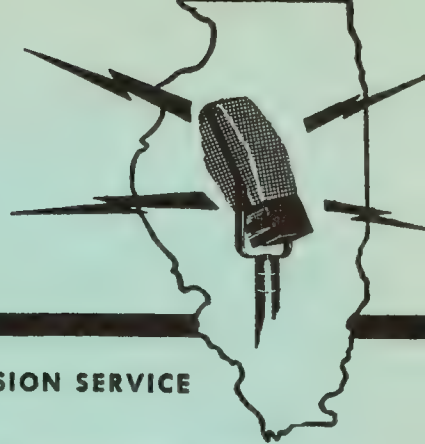
(1:00) Those red Christmas candles usually give us little concern until we discover wax on the table linen. Then "how to remove it" becomes the problem--and frequently a difficult one.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, recommends prompt action. The longer the delay, the more difficult the problem of removing both the wax and the color. The first step is to scrape away as much wax as possible. Use a dull knife and take care not to injure the fiber.

Place the stain between clean white blotters. Or cleansing tissues or paper towels may be used instead of blotters. Press with a warm--NOT HOT--iron, changing the blotters as they become soiled. Then sponge with carbon tetrachloride or other grease solvent. If the color stain remains, sponge with a liquid made up of 1 cup denatured alcohol and 2 cups of water.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 6, 1949

Potatoes--They'll Stretch Your Food Money

Urbana, Ill.--Potatoes are plentiful in local markets. They are one of our best buys from the price standpoint. They give us more food energy than any other vegetable.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that we give them a place at our table every day, or twice a day. They have valuable vitamin C and little is lost if we cook them properly. We can count on them for other vitamins and for important minerals, too.

There is protein in potatoes--not in very large amounts--but if we serve them with meat, fish, or eggs, we add high quality protein that improves the potato protein. Cooking them in their jackets--whether they are to be served creamed, mashed, or fried--helps to keep the vitamins and minerals inside.

Calorie counting and waistline watching is no reason for omitting potatoes from the diet. The important thing is to watch what you add to potatoes--use less butter, gravy, and the like. Potatoes are no more fattening than many other everyday foods. You get no more calories from one medium-sized potato, for example, than from an apple or a banana. And the potato has only a third as many calories as a piece of two crust berry pie.

Farm and Home Week--Music and Drama Festival

Urbana, Ill.--The State Music and Drama Festival is scheduled for Wednesday evening, February 2, 1949, 8:00, Auditorium, University of Illinois, Urbana. As in the past, the festival is a part of the Farm and Home Week Program and counties from many sections of the state will be represented.

District festivals are under way at present with 27 counties participating. Groups will be selected for the State Festival from those receiving "A" ratings in the districts. The program during Farm and Home Week will include one act plays, men's quartets, women's trios, and mixed quartets, either single or double, and instrumental ensembles.

Features will be judged and rated. All participants should be residents of the communities they represent.

Your Washing Machine--Give It a Warm Start

Urbana, Ill.--Winter weather tends to make washing machines temperamental. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, advises bringing the equipment to near room temperature before operation is started.

If the washer has been standing in a cold place, the oil or grease in an electric or engine driven machine may be too stiff to lubricate the mechanism as it runs. This will result in more wear and tear on the equipment.

Plan to bring the machine into a warm room for a few hours before it is to be used. Or, let the tub stand full of warm water for an hour before you start washing. DO NOT pour hot water into a very cold porcelain enamel tub. Sudden changes in temperature may crack the porcelain enamel.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 7, 1949

Rayon--How to Check for Type

Urbana, Ill.--Rayon is a whole "family" of fabrics, not just one fabric type. We need a few "common sense" facts at our finger tips in order to give it the care necessary to keep it in condition.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that it is important to know whether a fabric contains acetate rayon or viscose rayon. If ANY acetate rayon is present in a fabric, it must be pressed with a warm iron only--never a hot iron. If a fabric is all viscose rayon, only normal care methods are necessary.

The easiest and most definite way to find out whether acetate rayon is present, if the label does not give the answer, is to test the fabric. Cut a small sample from the seam and apply a drop of acetone.

If the fabric becomes soft and sticky and then hardens as the acetone evaporates, you will know acetate rayon is present. Acetone can be purchased at your local drug store. Once you've made the test, record the results and file them for future reference. The fiber content of a fabric affects its use, and also affects the way you handle it and care for it.

Molasses--Use for Flavor and Iron

Urbana, Ill.--Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says it is a good plan to use molasses often instead of white sugar in cooking. Children like it and it's a cheap source of iron. Molasses adds flavor and food value to baked beans, gingerbread, puddings and bread.

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Apples--How Much Do You Pay for Waste?

Urbana, Ill.--How much do you spend for apples? Do you always get full value, or, occasionally, do you find considerable spoilage? Have you ever estimated the amount of waste?

Research is under way at the University of Illinois College of Agriculture to reduce waste and to assist your local dealer in supplying the kind of apples you prefer. Dr. Frances VanDuyne, head of the foods research laboratory, says they are searching for the answers to two questions--how present methods of handling apples affect their quality and how much the consumer pays for the usable portion.

More than a thousand samples of apples--from eight mid-western states including Illinois--have been tested in the two years the work has been under way. The apples are first checked when they are bought in retail stores. The type of store is listed and a record is made of the cost, variety, and grade of the fruit. In the laboratory the apples are checked for appearance, color and amount of waste. Tests are also made on cooking and eating qualities.

All of this information is being added up into results which will help reduce waste all along the line from orchard to kitchen. Apple growers, shippers, and grocers will be able to supply consumers with the kind of apples they prefer.

Safety Measures--For Porches and Walks

Urbana, Ill.--January means sleet and snow in many sections. Slippery steps and walks invite accidents. The National Safety Council reminds us that it is our responsibility to keep our premises clear--in condition for safe walking.

Porches, steps and walks should be kept free of snow. When sleet and ice coat the surface, salt or cinders should be applied. Such preventive measures are much more effective than the familiar warning to family and friends--"be careful, the steps are slick."

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 8, 1949

Farm and Home Week--Special Sessions

Farm and Home Week, scheduled for January 31 through February 3, has much of interest for homemakers. Special sessions are scheduled for morning and afternoon, and information of importance to both young homemakers and experienced homemakers has been included.

The first homemakers' session is scheduled for Monday afternoon at Lincoln Hall Theater, 1 p.m. Miss Fannie M. Brooks, associate professor of health education emerita, University of Illinois College of Agriculture, leads off with a discussion on cancer control. Women throughout the state are well acquainted with Miss Brooks and her health education work. Since her retirement from home economics extension work last September 1, she has been working with the Illinois division of the American Cancer Society.

Miss Miriam Shelden, dean of women at the University, is the second speaker for the afternoon session. Miss Shelden came to the University last year. Her topic for discussion is "Women at the University of Illinois." Certainly mothers with daughters enrolled in the University, as well as those with daughters of high school age, will want to hear Miss Shelden.

Illinois men have not been neglected in Farm and Home Week plans. Monday afternoon they will have a wide choice of programs. Sessions on new agricultural engineering developments, agronomy, and beekeeping have been scheduled. At another session what's new in feeding will be considered. Specialists will discuss the feeding of poultry, swine, beef cattle, and sheep.

Special sessions will close promptly at 3 o'clock, and all Farm and Home Week visitors will meet in general session to hear Dr. George D. Stoddard, president, University of Illinois, discuss education and world peace.

Radio News

WEDNESDAY, JANUARY 12, 1938

THE FOLLOWING ARE THE HIGHLIGHTS OF THE RADIO NEWS FOR THE DAY:

1. *Continued from page 1*

The first item of news is the report that the United States has agreed to a loan of \$50 million to the Government of the Republic of China. This loan is the first of its kind since the establishment of the Republic of China in 1911. The loan is to be used for the purpose of improving the country's infrastructure and for the development of its economy. The United States has also agreed to provide technical assistance to the Chinese government in the form of training and advisory services.

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Cabbage in Heavy Cream--Here's How

Cabbage is on the plentiful list and right for everyday budgets. It can be sent to the table rich in vitamins and fine in texture and flavor, provided we treat it right when it comes to the cooking.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we try "Cabbage in Heavy Cream." No long boiling or stewing is necessary. Just quick cooking, a little wise seasoning, and a perfect cabbage dish is ready for the table.

Shred half of a small onion and cook it slowly in about 2 tablespoons of butter or bacon drippings until tender but not brown in color. Add shredded cabbage--about 2 cups--salt and a dash of pepper, cover the utensil and cook only until the cabbage is barely wilted and tender.

Add 1/2 cup of heavy cream, stir lightly to coat every particle of cabbage, cover and let stand--off the fire--for about 5 minutes. Serve piping hot. (DO NOT LET CABBAGE REACH THE BOILING POINT AFTER CREAM IS ADDED.)

Stand Erect at Work--It's Less Tiring Than Stooping

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that almost any work is less tiring if we do it without stooping--if we stand erect, in good position. Just in hanging up clothes, for example, one third of the energy needed to do the job can be saved by having the clothes basket at a comfortable height.

If the middle of the basket is at your waist level, you can hang up the clothes without stooping. There are any number of devices which can be used to raise the basket. Use a stool, bench, or low table. If you do the laundry work regularly, it is worth while to have a device made which is correct in size and height for you. A JOB THAT TAKES FOUR OR FIVE HOURS OF WORK EACH WEEK IS WORTH THOUGHT AND STUDY.

FOR BROADCAST SATURDAY, JANUARY 8, 1949

Home Calendar

MERCER COUNTY Housing series meeting--Series No. 1 on House Planning Wednesday, January 12, 1949, 7:30 p.m. The meeting will be held at the Farm Bureau Building, Aledo, Illinois, and Professor Keith Hinchcliff, agricultural engineering department, University of Illinois College of Agriculture, will speak.

ST. CLAIR COUNTY Home Bureau Folk and Square Dance Jam-boree Wednesday, January 12, 1949, 7:30 p.m., Turkey Hill Grange. Rural Youth members will be in charge of the dance program. Refreshments will be served by the 4-H Club Federation.

MADISON COUNTY Poultry management meeting Wednesday, January 12, 1949, 1:30 p.m., Court House, Edwardsville, Illinois. Professor S. F. Ridlen, poultry specialist, University of Illinois College of Agriculture, will be in charge of the meeting.

MIDWEST CONFERENCE of Agriculture Industry and Labor Thursday and Friday, January 13-14, 1949, Masonic Temple, Decatur, Illinois. Theme for the conference is "Food and World Peace." You are invited to attend. There is no registration fee. A speaker of particular interest to women is Mrs. Raymond Sayre, president of the Associated Country Women of the World.

RURAL YOUTH District training schools scheduled for the week ahead are as follows: Iroquois county Wednesday, January 12, 1949, Presbyterian Church, Watseka; Fulton county Thursday, January 13, 1949, Canton YMCA, South Main Street, Canton; Adams county Friday, January 14, 1949, Quincy Salem Hall, Quincy. All meetings are called for 7:30 p.m.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 10, 1949

Cement or Concrete Floors--How to Clean, How to Protect

Cement or concrete floors call for cleaning as part of their regular care. A special method is recommended to keep them clean, unstained, and in good condition.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, recommends a hot solution of 2 to 2 1/2 ounces of washing soda or 1/2 ounce of trisodium phosphate per gallon of water. First wet the floor with clear water, then apply the hot solution with a stiff brush or mop.

If the floor is stained or badly soiled, sprinkle scouring powder over the soiled spots and rub them well. Rinse the whole floor thoroughly with clear warm water to remove the scouring powder and alkali. DO NOT USE SOAP ON UNPAINTED OR UNTREATED FLOORS--A SCUM OF LIME SOAP MAY FORM ON THEM.

To protect a cement floor that is new or has just been cleaned, apply a solution of equal parts of waterglass and water. Use a mop to apply the solution, and do a thorough job of covering the floor. Allow it to dry completely, and make a second application. To keep the floor in good condition, repeat the treatment once or twice a year.

Canned Foods--Check for Spoilage

Home-canned foods have been in storage now for several months. It's time to check them, unless you have taken care of the job recently.

Place of storage is very important. Warmth may cause canned food to lose quality--even to spoil. Hot pipes behind a wall sometimes make a shelf or closet too warm for storing food. Overhead heating pipes may make it necessary to move food that you stored during the canning season.

Low temperature may cause spoilage. Freezing may crack a jar or break a seal and let in bacteria that will cause spoilage. If the storage place is unheated, you can give the canned food some protection by covering it with a blanket or wrapping the containers in paper.

Freezing will not make canned food unsafe to eat if it does not damage the jar or seal. However, freezing may cause undesirable changes in flavor and texture, making the food unpalatable and unattractive in color and appearance.

Reupholstering Furniture--A Good Job for Winter Days

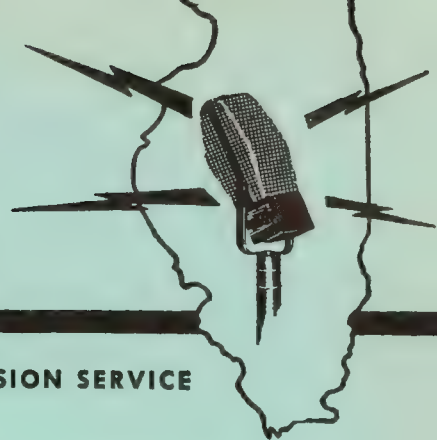
Reupholstering furniture is fascinating work, and winter days--when the weather makes us want to hug the fireside--are good ones for tackling the job. It is not nearly so difficult as it is often thought to be. With a few tools, suitable cover materials, a little patience, and some time and energy, old furniture can be made to look like new.

If you have furniture on hand that is in need of repair, why not turn the job into a family project? The men and boys of the family will enjoy helping, provided you make the right approach--appeal to their interest in getting the work done.

For a guide in doing the work, send for a copy of the University of Illinois leaflet, "REUPHOLSTERING FURNITURE." Miss Dorothy Iwig, home furnishings specialist, is the author and she gives explicit directions for doing the work--from start to finish. The leaflet is illustrated, making the directions easy to follow. Even the tools and materials needed are listed. For your copy of "Reupholstering Furniture," write to the University of Illinois College of Agriculture, Urbana, Illinois.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 11, 1949

Your Child--How's His Appetite?

Does your child have a good appetite? Is he happy and ready to eat when it is time? Or does he seem to lack interest in food, especially in ones that are new to him or familiar ones prepared in a new way?

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, reminds us that a child has many things to learn about eating during his pre-school years. First he has to become familiar with a variety of foods and then learn to like them. He has to learn to feed himself--a truly big problem. In addition, he has to learn certain ways of behaving at meal times.

If your child learns to enjoy simple foods while he is young, he will be less likely to be a finicky and fussy eater as he grows older. In introducing new foods to him, give only a small amount. For example, a teaspoonful of carrots, 3 or 4 peas, or two bites of meat is a good amount for a 2-year-old.

Watch the temperature of the food. For little children it should never be "piping hot" or "chilled." A mild, slightly warm temperature suits their taste better. Be especially careful that a new food is not served very hot or very cold.

It is a good plan to serve the new food with an old, well-liked one--a new vegetable, for example, goes well in a stew. Crisp bacon is well liked by most preschool children and easily carries a new food along with it. Try it and see for yourself. Careful planning, patience, and understanding will help--and mightily--in developing in children good appetites and a liking for a variety of foods.

Radio News

Continued from page 1

The following is a list of the stations which are now broadcasting on the radio.

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Farm and Home Week--Housing Problems to Be Highlighted

Illinois homemakers attending their special Farm and Home Week session Tuesday morning, February 1, will have an opportunity to discuss housing problems. Two specialists from the University of Illinois agricultural engineering department are scheduled to speak.

Professor D. G. Carter will give a progress report on farm housing research. Professor K. H. Hinchcliff will discuss farmhouse plans and their adaptation. Following their talks, the session will be thrown open for discussion from the floor, and those attending will have an opportunity to discuss general housing problems.

While the homemakers are busy with housing problems, the men will be attending meetings on the agriculture campus. Sessions that have to do with farm machinery, soil testing and soil fertility, beekeeping, dairy production, and cold storage locker plants are scheduled. In addition there will be a special session in agricultural economics to consider farm land prices, commodity prices, and the long-time price outlook.

At the Stock Pavilion a judging contest will be staged for attending stockmen and farmers. There will be a demonstration on selection of breeding animals which will include beef cattle, light horses, poultry, sheep, and swine.

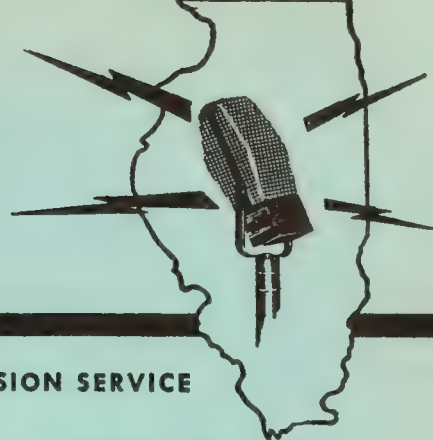
Wools--Call for Care in Drying

Wool, as most homemakers know, must be washed very carefully, because it is sensitive to alkali and has a tendency to shrink and felt. It deserves the same good care when it comes to the drying.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says to dry wool quickly, away from the heat. On the other hand, do not allow it to freeze, as freezing tends to weaken and break the fibers. In hanging large, woolen articles, distribute the weight evenly. This will keep them from stretching and sagging.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 12, 1949

Your Vacuum Cleaner--Does It Do Good Work?

If you are having difficulty with your vacuum cleaner--if it isn't doing a thorough job--perhaps the nozzle needs adjusting. All cleaners work best if the nozzle makes a good seal with the rug. Then the current of air that comes through the nozzle is stronger.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to start the motor to test the nozzle adjustment of the cleaner. The suction should pull the carpet up against the cleaner nozzle. Some nozzles adjust automatically to rugs of different thicknesses. Other must be adjusted by hand or foot.

To adjust the nozzle, hold the handle of the cleaner as you do when you clean. Then raise or lower the nozzle by stepping on a pedal, or by turning a small screw at the side of the nozzle--however your cleaner adjusts.

For a straight-suction cleaner with adjustable nozzle, raise the nozzle just high enough to let a quarter of a dollar slide easily between the cleaner and the rug. If your cleaner has a motor-driven rotating roll, adjust to the thickness of half a dollar.

Tomatoes--They Belong in Winter Menus

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says as a food rich in vitamin C, tomatoes are among the best. Canned tomatoes and tomato juice add their special note of bright color, tempting flavor and vitamin value to winter meals. Remember to serve about twice as much of the tomatoes as orange or grapefruit juice for the same amount of vitamin C.

Griddle Cakes Thick or Thin--Here's How

Hot tender griddle cakes are January favorites with almost everyone. There is a difference of opinion, however, when it comes to the thickness. Some folks vote for thick cakes, others prefer them paper-thin.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says it is easy to make griddle cakes either thick or thin. If thick cakes are preferred, use more baking powder. Adding 1/2 teaspoon to the regular amount called for in the recipe will give a thick, tender cake. DON'T ADD MORE THAN 1/2 TEASPOON EXTRA, OR THE CAKES ARE LIKELY TO HAVE A BITTER TASTE. Increasing the flour will also make the cakes thicker, but they will not be quite so tender.

If your family prefers moist, thin cakes, then use less flour and less baking powder. The amount of baking powder needed in a recipe is based chiefly--but not entirely--on the amount of flour used. To avoid the bitter "baking powder taste," be accurate in measuring the baking powder.

Children--Our Responsibility

The New Year--1949--brings new opportunities for profit, progress and pleasure. It also brings a new challenge to parents to prevent accidents to their children.

The National Safety Council reports that accidents cause the death of far more youngsters between 1 and 14 years than does any disease. A great many of these child accidents happen right in the home.

During the winter months, when more heat is required to keep homes comfortable, fires need to be guarded constantly. Heating equipment should be checked regularly. To prevent flying sparks, keep the heating plant and flues free from soot. Don't leave paper or other flammable material near a stove, furnace or fireplace. Use your fireplace screen. Guard against overheating. AND DO NOT LEAVE LITTLE CHILDREN AT HOME ALONE EVEN FOR A SHORT PERIOD OF TIME.

JEH:lk
1/7/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 13, 1949

1949 Forecast--Good Year for Consumers

URBANA -- What can we as consumers expect in the year ahead? Predictions are that there will be a good supply of high-quality merchandise and that living costs, in general, will be slightly lower.

Home economics specialists of the University of Illinois College of Agriculture believe we need to shop carefully--to be wise buyers--in order to get the best consumer dividends in the months ahead. They predict good buys especially in home furnishings, electrical equipment and clothing.

As for housing, there may not be so much of a decline as in costs of other items. However, it is good news to know that we shall be able to get good-quality building materials for home improvements.

Food prices are expected to be much lower than in 1948. Meat prices are now below those of last summer's peak and are expected to decline even more next fall as supplies increase. Our food supplies in general will be about the same as last year.

Clothing prices are expected to stay high. Watch for good buys this winter in mark-down sales, but buy wisely. Study your needs along with quality and price of merchandise, and be sure the needs are real--not imaginary. We can look forward to lower prices on cotton this spring and summer.

Radio News

Continued from page 1

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Farm-Home Week--Illinois Safe Homes Awards

URBANA -- Forty-nine counties are enrolled in the Illinois Safe Homes Program. Two of those counties will receive awards at the homemakers' Farm and Home Week session Wednesday morning, February 2, at the University of Illinois. A special program has been arranged, and Mrs. Charles Young, State Safe Homes chairman, will present the awards.

One award will go to the county having the largest percentage of enrolled families reporting no home accidents during 1948. The county having the lowest percentage of home accidents among the total number of families enrolled will receive the second award.

Other features at the homemakers' session Wednesday morning include a discussion of new electrical household equipment by Louisan Mamer, home electrification specialist, Rural Electrification Association, USDA, and methods to be used in making housework easier, by H. T. Amrine, associate professor of industrial engineering, Purdue University.

Farm and Home Week visitors attending the Rural Life Conference have a full program schedule for Wednesday morning. D. E. Lindstrom, rural sociologist, University of Illinois College of Agriculture, opens the conference with suggestions on how the neighborhood and community can use service agencies effectively. This talk will be followed by a panel discussion on what is being done to use the neighborhood and the community as an agency to serve rural people. Things that tend to make this approach difficult will also be considered.

The Rural Life Conference continues Wednesday afternoon closing in time for the general Farm and Home Week session. Meetings are scheduled for 314 Illini Union.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 14, 1949

Sectional Furniture--Fits Many Needs

URBANA -- Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture, recommends sectional furniture for its versatility. If you are in the market for furniture, you'll want to investigate it before you buy.

This furniture is easy to adapt to temporary or crowded living quarters and is easy to move. Pieces can be used separately as chairs, or can be placed together as a davenport. When you buy, consider the unit first of all as a whole. Usually it is well to buy all pieces of the same color. This assures a good-looking set when they are used together.

Tile Floors--How to Clean

URBANA -- Tile floors are attractive and durable when given the good care they need. When it comes to the cleaning, however, there are important points to keep in mind.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that tile floors are made of four different kinds of bases--slate, asphalt, bitumen, and resin. Cleaning agents should be selected carefully. Those containing oils, turpentine or carbon tetrachloride should not be used.

The first step in cleaning a tile floor is to remove the surface soil. Use a soft brush and do a thorough job. Then apply a mild soapy-water solution with a mop or soft cloth, and rinse thoroughly with a mop wrung out of clear lukewarm soft water. Wax may be used as a finishing coat if you desire.

Radio News

THE RADIO NEWS, WASHINGTON, D. C.

1000 15th Street, N.W.

WIRELESS - The world's first wireless news service, Radio News, is now broadcasting from Washington, D. C. The service is available to all radio stations and is a valuable source of news and information. It is the only service of its kind in the world.

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FOR RELEASE FRIDAY, JANUARY 14, 1949

Money for Food--Do You Get Full Value?

URBANA -- How much of the budget does it take to keep your family meals adequate and attractive? Are you spending more than you think you should? Perhaps the start of a new year is a good time to restudy the problem.

As every homemaker knows, there is no rule of thumb that applies when it comes to allocating food money. The amount depends on the food needs of each and every member of the family. We do know, however, that the lower the income, the larger the part of it which must be used for food. We know, also, that when food prices rise and the income does not, the percentage of income used for food must be increased.

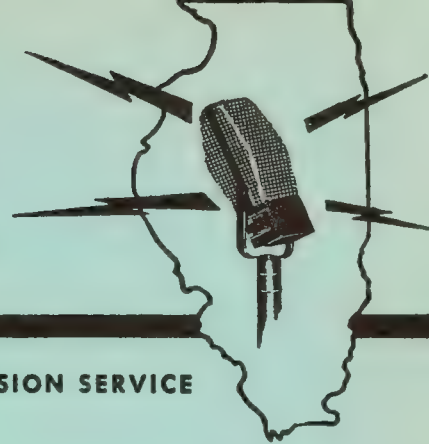
Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that one of the best ways to stretch food money is to do a good job of managing--to be, first of all, good planners and wise buyers. One of the very important points is to consider food value in relation to price.

When we buy a roast of beef, for example, should we select a prime rib roast, or is a pot roast more in keeping with our pocket-book? Is it worth while to pay extra for tenderness and flavor, or is food value of greatest importance? Special packs of canned fruits and vegetables are usually more costly than the regular pack. How does the price compare with the quantity and the food value?

Percentage of waste is worth considering too. Frequently a product carrying considerable waste is priced lower than one with little or no waste. Which gives the best returns for the money? Packaged foods versus bulk foods; varieties of foods; cost per unit, as per pound or quart; effect of trademark or brand on quality and price--these are other points that can have a direct bearing on the returns we get in food value for the money we spend.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 15, 1949

Sausage and Apple Pie--It's Extra Special in Flavor

Urbana, Ill.--Sausage and apple pie is not a dessert, as you're probably thinking. Instead, it's a fine main-course dish and one that you can have ready for the oven in short order.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we use the bulk sausage instead of the link. Cut or break it into bite-sized pieces, and brown it quickly, "top-of-the-range" fashion.

Layer the browned sausage into a casserole or baking dish with sliced apples, making the top layer of apples. Peel the apples or not, as you prefer. Sprinkle the top layer with a small amount of brown sugar and the juice of one-half of a lemon.

Bake in a moderately hot oven--375° F.--for about 45 minutes, depending on the number of servings prepared. It is a good plan to cover the dish during the first 15 or 20 minutes of the baking period so that the steam will help to cook the apples. Remove the cover long enough to permit the apples to brown lightly.

If you prefer, substitute ham for the sausage. Use thin slices of ham or the diced ham. Brown it lightly before it goes into the casserole.

FOR RELEASE SATURDAY, JANUARY 15, 1949

Farm-Home Week--Dental Decay Study to Be Discussed

Urbana, Ill.--Dr. R. G. Kesel, University of Illinois Dental College, is scheduled to report on dental decay in school children Thursday morning, February 3, at the homemakers' session, Farm and Home Week, University of Illinois.

Doctors and dentists, as well as laymen, are concerned about the increase in dental decay in children during the past decade. Almost two years ago Dr. Kesel set up a campaign in some of the Illinois schools to study the situation. The State Department of Public Health, State Dental and Medical Associations, schools, teachers, and parents are cooperating. At the meeting Thursday morning, Dr. Kesel will discuss some of the present methods employed to prevent dental decay.

Paralleling the special session for homemakers Thursday morning are agricultural meetings for men Farm and Home Week visitors. One of particular interest is the section on the grain marketing program. The problem to be considered is the effect of large crops of corn and soybeans on the market. The government's program will be explained and the problem will be discussed from the viewpoint of the economist, the grain trade, and the farmer. Other sections will highlight farm service buildings, agronomy, animal science, bee-keeping, and horticulture.

Special sessions in both home economics and agriculture will continue through Thursday afternoon until three o'clock. At that hour all Farm and Home Week visitors will assemble for the final general session. C. B. Shuman, president, Illinois Agricultural Association, will close the week's program with an address on "Our Program for Agriculture."

JEH:lk
1/12/49

Home Calendar

MADISON COUNTY Music and Drama District Tournament is scheduled for Wednesday, January 19, 1949, 6:30 p.m., Community Hall, St. Jacob, Illinois. Rural Youth and 4-H Club members from five counties--Madison, Fayette, Macoupin, Effingham, and Greene--are expected to attend.

MERCER COUNTY Housing Series No. 2 on Home Utilities will be held at the Mercer County Farm Bureau Building, Aledo, Illinois. The meeting is scheduled for 7:30 p.m., and Frank Andrew, Agricultural Engineering Department, University of Illinois College of Agriculture, is the speaker for the occasion.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 17, 1949

Dried Fruits--Good First Aid to Budget and Menus

Urbana, Ill.--Have you checked your food budget since holiday feasting? If it indicates retrenchment--slowing down a bit on some of the so-called luxury items--don't worry. You'll find a number of excellent buys on the market, and one near the top of the list is dried fruit. Both variety and supply are good--making prices reasonable.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says we need to be good buyers if we are to get the best returns for the money we spend for dried fruits. Some of them are so processed that they require no preliminary rinsing or soaking and a short cooking period. However, fruits so processed are usually more expensive.

Dried fruits are sold in bulk, weighed and cellophane wrapped, or packaged and labeled. Check prices along with quality. Some of the fruits are graded as to size. As a general rule, the largest fruit commands the highest price. But it is not necessarily the best buy.

Take prunes, for example: The larger ones may be more desirable to stuff for salad. The smaller ones are just as useful for stewing and for pulp to be used in making desserts. They are usually more economical.

FOR RELEASE MONDAY, JANUARY 17, 1949

Your Blankets Are Important--Buy Them Carefully

Urbana, Ill.--Post-holiday sales are the order in many stores these days. Frequently you'll find blankets listed along with the household linens--sheets, pillowcases, and towels. It is well to consider quality as well as price.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says when we buy blankets examine them carefully for fine and closely woven warp threads. Such threads will permit loosely spun filling threads to be well napped or raised.

When a blanket is woven, it comes off the loom as a flat fabric. It is then brushed up with teasels, or rollers with fine teeth. The thicker the nap, the more air cells and the warmer the blanket.

Study the label on the blanket, and ask for information. Study your needs and decide whether an all-wool blanket or a part-wool will serve your needs best. Consider both single blankets and double ones, check bindings carefully, and give attention to color. You will find worth while buys in many stores at this season--buys that can mean considerable saving over a period of time. Check quality along with price, however, and be sure your needs are real--not imaginary.

Wintertime Driving--Calls for Extra Caution

Urbana, Ill.--We all know that winter weather makes driving more hazardous. We know, too, that we need to be alert--more careful than when the weather is good. However, schedules are crowded, and we tend to neglect to take the time needed to drive as we should.

The National Safety Council reminds us of the importance of keeping our car in good condition--especially the brakes, lights, windshield wiper and steering mechanism. Take time to drive more slowly and more carefully on slippery roads and streets. Allow plenty of space to stop safely at any time.

JEH:lk
1/12/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 18, 1949

Home Economics Students Receive Awards

URBANA -- Two University of Illinois home economics students have received awards. Both are almost "straight A" students, as well as being busy all-round girls.

Carolyn Wildman, a senior from Chicago, and Charlene Mae Woodson, a sophomore from Albuquerque, New Mexico, are the winners.

Miss Wildman won the Borden award of \$300. This is for the senior with the highest scholarship in home economics who has completed at least two courses in foods and nutrition. Miss Wildman has a grade-point average of 4.8. The grade-point average for straight A is 5.

Miss Wildman's activities include presidency of Omicron Nu, honorary home economics fraternity; vice presidency of Phi Upsilon Omicron, professional home economics fraternity; and treasurer of the Y.W.C.A. She also won a scholarship during her freshman year and was elected to Alpha Lambda Delta, freshman honorary for students with high scholarship.

An award of \$50 went to Miss Woodson for having been the freshman with the highest scholarship and for showing promise of leadership. The award is given by the Illinois Auxiliary of the Spanish-American War Veterans. Miss Woodson has a grade-point average of 4.7.

Currently Miss Woodson is secretary-treasurer of the sophomore class, and she works in dramatics and music. She was vice president of the freshman class and a member of Alpha Lambda Delta.

Radio News

THE NEW YORK TIMES

The New York Times is a daily newspaper published in New York City. It is one of the most influential and widely read newspapers in the United States. The paper covers a wide range of topics, including national and international news, sports, and entertainment. It is known for its high-quality journalism and its commitment to providing accurate and timely information to its readers.

The New York Times has a long history of reporting on major events and issues. It has been a key source of information for many generations of Americans. The paper's reputation for integrity and objectivity has made it a trusted source of news for many people around the world.

The New York Times is a member of the Newsstand and is available for purchase at many newsstands and bookstores. It is also available online at the New York Times website. The paper's subscription rates are available for individuals and institutions.

FOR RELEASE TUESDAY, JANUARY 18, 1949

Open House--First Entertainment Farm and Home Week

URBANA -- The traditional Farm and Home Week open house, where you greet old friends and meet new ones, is set for 8 o'clock Monday night, January 31. That's the first entertainment feature on the program for this week of special events.

The place for the open house is the Illini Union, student social and recreational building on the campus. Several thousand Illinois farm folks are expected to take over the Union for the evening.

Dean H. P. Rusk of the College of Agriculture says, "We're planning a jolly good time for everyone this first evening."

The "opener" for the program is a social hour. It will be held from 8 to 9 o'clock in the ballroom. Then the folks can go on travel tours of Mexico, Guatemala, the Holy Land and other countries through movies, slides and talks. These are to be presented by staff people who have visited in foreign lands.

On display in special exhibits will be handicraft, weaving and glass-blowing. And plans are being made for a dog show, a puppet show and portrait-sketching.

Rural chorus members from around the state--who traveled to Canada last summer--will have a reunion during the evening. They're going to show movies of their trip, and other folks are invited to see them also.

FOR RELEASE TUESDAY, JANUARY 18, 1949

Home Calendar

DEKALB COUNTY Farm and Home Bureau Housing Series Tuesday, January 25, from 10 a.m. to 3 p.m., Masonic Temple, DeKalb, Illinois. Three speakers have been scheduled from the University of Illinois College of Agriculture--Miss Catherine Sullivan, home economics department, and Keith H. Hinchcliff and Frank Andrew, agricultural engineering department.

SHELBY COUNTY Child Development Meeting Wednesday, January 26, at 7:30 p.m., Farm Bureau Building Basement, Shelbyville, Illinois. Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture, will discuss "SUCCESSFUL PARENTHOOD."

MERCER COUNTY Farm and Home Bureau Housing Meeting January 26, at 7:30 p.m., Mercer County Farm Bureau Building, Aledo, Illinois. This is the third meeting in the series and Miss Catherine Sullivan, home economist, University of Illinois College of Agriculture, is scheduled to discuss "Home Interiors."

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 19, 1949

Your Child--Does He Want Attention?

URBANA -- Young children learn very early that mothers get disturbed if they don't eat. And when they have learned this, they can raise all manner of fuss at mealtimes. It becomes a game with them, and who wins is very important.

Doctor Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says mothers should realize that a child can go without one whole meal and still be healthy. He can even miss all meals for a whole day and come out all right. Even inadequate food for several days or a week is no tragedy. A healthy child will eat if nobody gives him a lot of attention for not eating.

If your child raises so much fuss at mealtime, try giving him his food in a quiet room with only one other person present. Give him a small portion of food quietly and calmly. Make no remarks, issue no warnings, make no pleas.

If he hasn't finished in thirty minutes, remove the food quietly and with no scoldings and no sympathy. Give him no food until the next meal--not even a glass of milk. Don't be concerned--he won't starve.

Usually one meal does the trick; but if your child is very spoiled and persistent, it may take longer. You'll need courage and confidence, and relaxation--but it is worth trying.

Radio News

THE RADIO NEWS, NEW YORK, N. Y.

Published by the Radio News Company

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Printed at the Radio News Company, New York, N. Y.

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Your Vacuum Cleaner--Give It Time to Do a Thorough Job

URBANA -- How often do you vacuum-clean your living-room rug? Once each week or several times each week? How much time do you allow for doing the job?

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says we should not skimp on time. Some cleaners clean more quickly than others. And several shorter cleanings each week are better for a rug than one long weekly cleaning--if the room is in regular use.

If you clean your rugs only once a week, allow at least a half hour for doing the job, depending on the size of the rug. Thirty minutes or longer are usually required to do a good cleaning job on a 9 x 12 rug when you use a straight suction cleaner. Cleaners that sweep and beat as they go usually clean in less time.

When you clean rug edges, keep the nozzle just within the edges--so that the air is drawn up through the rug. If the nozzle goes over the edge, it breaks the seal with the rug and edges are left uncleaned.

You can avoid lifting rug edges and fringe by lowering the handle slightly when you bring the cleaner back. This breaks the seal just long enough to prevent pulling up the edge. If fringe should wind around the rotating roll, shut off the motor at once and loosen the fringe.

Make it a rule to operate the cleaner slowly and thoroughly. Clean a small section of the rug at one time, overlapping with the adjoining part just cleaned. Thorough, systematic and careful cleaning increases the life span of both the cleaner and the rugs.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 20, 1949

Farm-Home Week--Easier Housework Methods to Be Discussed

URBANA, ILL.--An important Farm-Home Week session for women is scheduled for Wednesday morning, February 2. Professor H. T. Amrine, Industrial Engineering Department, Purdue University, will discuss methods for making housework easier.

Every woman who is concerned with homemaking is interested in reducing the time and energy needed to do routine jobs. Professor Amrine has been studying the problem for several years. He'll have timely information to report.

At the same session--Wednesday morning--Miss Louisan Mamer, home electrification specialist, Rural Electrification Association, will highlight new electrical household equipment. Homemakers who are in the market for new equipment will have an opportunity to ask questions and discuss the various types of equipment that are coming to retail market.

While the homemakers are considering work methods and equipment, their partners will be on the agriculture campus discussing their problems. One important session has to do with farm leases, Leasing problems in soil management, in livestock production, and on the dairy farm are listed on the program.

Another section of the agriculture program for the morning has to do with weed, crop, and orchard sprayers. Types of pumps and sprayers and their maintenance will be considered. Other sessions have been scheduled on agronomy, animal science, beekeeping, and dairy marketing.

Radio News

THE NEW YORK TIMES, NEW YORK, N. Y., MONDAY, JANUARY 1, 1934

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Potatoes--Do You Check Size When You Buy?

URBANA, ILL.--How do you buy potatoes? Do you sort them for size, or do you take them as they come--large, medium, or small? If you are particular about the size of the potato, here is good news for you:

R. A. Kelly, agricultural economics department, University of Illinois College of Agriculture, says that a consumer survey on size preference of potatoes is under way. Twelve midwest states, including Illinois, are cooperating in the project.

Surveys have been made in Chicago grocery stores to determine whether homemakers prefer to buy potatoes sorted into small, medium, and large sizes. If so, how much will homemakers be willing to pay for each size? Another question being checked has to do with opinion: When buying potatoes, just what size do consumers consider small, medium, or large?

The study has not been completed to date. However, results so far show that consumers prefer medium-size potatoes and will pay more for them than for either the large or the small ones. If final results show a strong enough preference for "sized" potatoes, growers will probably find it profitable to sort potatoes according to size before they send them to market.

Woolens--Their Daily Care

URBANA, ILL.--Day-by-day care of woolen garments is of first importance, if you want them to give good service. Frequent pressing and cleaning will--in time--weaken the wool fabric.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says daily brushing is a prime factor in keeping clothes in condition. This means more than a few hurried passes with a whiskbroom or clothes brush. It means removing the dust and soil which you cannot see--the tiny, almost invisible particles which can act as an abrasive to shorten the life of the garment.

Use a brush with soft but firm bristles. It not only will remove hidden particles of dirt, but will lift the fibers of a pile-weave fabric and keep it looking like new. Avoid a brush with stiff bristles. It tends to loosen or pull out the wool fibers and thus shorten the life of the fabric.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 21, 1949

Penetrating Floor Seals--Tops in Service

URBANA, ILL.--If you have a floor that needs refinishing, be sure to investigate penetrating floor seals before you decide on the finish. They are comparatively new for home use but have been used commercially on heavy-duty floors for a long time.

Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture, says that penetrating seals have all of the advantages of oil without any of the disadvantages. They do not darken wood so much as oil does. Besides they are easy to apply and very durable.

In applying seals, follow directions on the container. Usually two coats are needed--or sometimes three, depending on the floor. And don't confuse penetrating seals with fillers. The seal is a finish, but it also serves as a filler. A filler is not needed when the penetrating seal is used.

Onions--Use Them to Pep up Winter Meals

URBANA, ILL.--Onions are in good supply now and prices are reasonable. Why not use this full-of-flavor vegetable to pep up winter meals?

Foods specialists, University of Illinois College of Agriculture, suggest Orange-Onion Salad for a tasty combination. Why not try it for dinner tonight? It is simple to prepare. Arrange three slices of orange on lettuce or escarole, and top with a very thin slice of onion. Serve with a tart snappy French dressing.

Radio News

Continued from page 1

General. The first of these is the fact that the radio is a new medium for the dissemination of information. It is a medium which is not subject to the same limitations as the printed word. It is a medium which is not subject to the same limitations as the printed word. It is a medium which is not subject to the same limitations as the printed word.

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Corned Beef Hash--Old Fashioned and Good

URBANA, ILL.--Corn beef hash sounds like old fare, but it is mighty good eating--even in these modern times. It's a dish that fits into menu plans for either lunch or supper, and it's hearty enough to satisfy winter appetites.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you use the canned corned beef in preparing the hash. Remove it from the can carefully--in one piece--and cut it into cubes or chop it coarsely.

Either baked or boiled potatoes can be used. Dice them or chop them. (Do not use mashed potatoes.) Brown the minced onion in a small amount of bacon fat or other drippings and add the beef and potatoes, seasoned to taste and thoroughly mixed.

Press the hash into the pan and cook over low heat until nicely browned. Turn as you would a pancake--avoid stirring--and continue cooking until browned. Send to the table piping hot. A crisp salad, rolls or bread and butter and a beverage are all you'll need to complete the main course.

Pictures on Your Walls--Are They Well Hung?

URBANA, ILL.--The pictures on our walls tell much about our interests--our love of color, of places, of things. Pictures are one of the first things we are likely to notice when we step into a strange room--or even into a familiar one.

Yet in how few homes are the pictures well hung. What about our own homes? Our own rooms? The problem is how can we hang our pictures so that we will get the most enjoyment from them?

If you want suggestions which will help you in arranging your pictures, send for the University of Illinois leaflet, "PICTURES ON YOUR WALLS." Miss Dorothy Iwig, home furnishings specialist, and Miss Mary McKee, 4-H Club specialist, are the authors. The leaflet gives a few simple rules that will help you work out thoroughly pleasing arrangements.

There are other rules, of course, that apply to the combining of colors--colors in pictures, in frames, in furnishings. And there are still other rules that have to do with selecting subjects. But the rules in the leaflet apply to all pictures, no matter what their color or subject.

For your copy of the leaflet, "PICTURES ON YOUR WALLS," write to the University of Illinois College of Agriculture, Urbana, Illinois.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 22, 1949

Sweet Potatoes--Here's a Good Flavor Trick

URBANA, ILL.--Candied sweet potatoes are favorites, and they're good wintertime fare--good for the budget and good for satisfying husky appetites. If you want to make them extraspecial, use maple syrup as the sweetener.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you boil the potatoes in their jackets until just short of the "done" stage. Peel them and cut them into quarters or into slices about one-half inch thick.

Layer the potatoes in a casserole or baking dish--seasoning each layer with butter or bacon fat and salt. Pour apple juice or cider over them to moisten, and top with three or four tablespoons of maple syrup. Bake in a slow oven--300° F.--until the potatoes are tender and the top layer is nicely glazed.

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Farm and Home Week Open House--Fun for Everyone

URBANA, ILL.--Entertainment and fun aplenty are in store for Farm and Home Week visitors at the University of Illinois. More than a dozen special events have been planned for Open House, which is scheduled for Monday night, January 31, at the Illini Union.

The social hour--the time to greet old friends and to meet new ones--is scheduled for 8 o'clock. The exhibits will be open at 7:30 o'clock to take care of early arrivals. Music, games, and dancing are scheduled for the ballroom. The game room on the first floor will be open to accommodate those interested in ping-pong.

Special program features have been planned to cover a wide range of interests. University students will exhibit weaving and handicraft work. Local Boy Scouts are staging a puppet show, and a commercial artist has been engaged to sketch portraits.

Members of the School of Music have prepared a special program which will be presented throughout the evening. Travel pictures will be shown by members of the University faculty. Hosts and hostesses will be on hand to greet guests and to direct them to the various activities. The occasion is informal--a "come-as-you-are" occasion--and there will be fun and entertainment for everyone. YOU ARE INVITED.

Weight Reduction--Extreme Methods Harmful

URBANA, ILL.--Miss Harriet Barto, specialist in dietetics, University of Illinois College of Agriculture, says rapid loss of weight is usually harmful. Don't undertake it without the advice and supervision of your physician.

Losing weight at a moderate rate--1 to 2 pounds a week--is safe, especially when weight reduction is advised by your doctor. It should be achieved, however, by following a properly planned diet--not a starvation one.

and the best results have been obtained when the patient is kept in bed for a week or more.

The treatment of the disease is based on the fact that the patient is in a state of shock and the body is in a state of collapse. The treatment is based on the fact that the patient is in a state of shock and the body is in a state of collapse. The treatment is based on the fact that the patient is in a state of shock and the body is in a state of collapse.

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THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION
PUBLISHED WEEKLY
CHICAGO, ILL., MAY 1, 1930

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 24, 1949

Lipstick--How to Remove From Fabrics

URBANA, ILL.--Lipstick was made for lips--not for decorating table linens, handkerchiefs and blouses. However, accidents do happen occasionally and, when they do, then comes the question of how to remove the stain.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says lipstick stains on fabrics call for prompt action. At best, such stains are difficult--sometimes impossible--to remove without injuring the fabric.

If the material is washable, first loosen the stain by working glycerine or vaseline into the fabric. Then launder it in the usual way. Don't apply soap or other alkalies before you loosen the stain. They are apt to set it.

If water spots the material, work vaseline or lard into the stain. Then either sponge with carbon tetrachloride or dip the stained part in a bowl of the solvent. If a trace of color remains, sponge the fabric with denatured alcohol. Be sure to dilute the alcohol when you use it on acetate rayon and colored materials. One cup of the denatured alcohol to 2 cups of water is a good proportion.

Tomatoes--Add Them to Meat Stand-Bys

URBANA, ILL.--Tomatoes hold a large share of their vitamins and fine flavor when canned. Adding them to meat dishes is a popular way to get them into family meals.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests pouring the canned tomatoes over a pot roast about an hour before the end of the cooking period. The tomatoes seem to help tenderize the meat, and they add good flavor to the gravy. For extra flavor, add a very small amount of garlic and just a trace of thyme along with the tomatoes.

Canned tomatoes can be used to good advantage in preparing meat patties. They add needed moisture and improve the flavor. Use about 3/4 cup of tomatoes to each pound of meat. Add 1/2 cup of uncooked quick-cooking oats as the binder instead of the "usual" bread or cracker crumbs. This combination has a "different" flavor and helps stretch the pound of meat to serve 5 or 6.

Tomatoes are a "must" for Spanish steak. Pour about 2 cups of the canned tomatoes over the browned meat, and add chopped onion and green pepper. Season to taste with salt and pepper, and cook over low heat or in a low oven--300-325° F.--until the meat is tender.

Frozen Egg Whites--For Angel-Food Cakes

URBANA, ILL.--Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says delicious angel-food cake can be made from frozen egg whites. Very often it is more practical to freeze the egg whites than to freeze the cake.

A pint container will hold the right amount of egg whites for one angel cake. Defrost them by holding them overnight in the refrigerator or at room temperature for about 5 hours. Then use them in the same way as fresh egg whites.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 25, 1949

Cooking Utensils--Buy Them Wisely

URBANA, ILL.--Cooking utensils are coming to market rapidly. Some of them are prewar favorites, others are new--making their first appearance. Crowded living quarters and limited storage space make careful buying very important.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests that multipurpose or combination utensils will save both storage space and money. Some of them are designed for cooking a variety of foods, some for serving as well as cooking.

A shallow utility pan, for example, can serve as an uncovered roaster, as a cooky sheet, or as a pan in which to bake rolls, biscuits, and coffee cakes. A cake may be baked in a utility pan in a long sheet, then cut in half, and the halves put together for a layer cake.

A covered skillet--of heavy material--may serve as a fryer for chicken and chops, or as a Dutch oven. With a special rack, this covered skillet becomes a small surface oven. It can then be used for baking pies, rolls, biscuits, or small cakes.

Mixing bowls have many uses. When right in design and size, they may double for salad bowls and serving dishes. The double boiler is another utensil that can serve many uses. When carefully selected, it can be used separately as a saucepan, casserole, or mixing bowl.

WALL STREET

THE NEW YORK STOCK EXCHANGE

NEW YORK, N. Y.

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Farm-Home Week--Home Economics Open House

URBANA, ILL.--Members of the Home Economics Department, University of Illinois College of Agriculture, will be "at home" to Farm and Home Week visitors Tuesday, February 1. Open-house periods have been scheduled for 11:45 a.m. to 12:45 p.m. and from 4:00 to 5:30 p.m.

Special exhibits have been planned in all divisions. For example, homemade toys and books for nursery school children and their parents will be on display in the Child Development Laboratory. Students in occupational therapy classes will show textile designs and craft work.

Foods research laboratory will display frozen foods and home freezing equipment and baked products which contain sunflower and popcorn flour. Diets for elderly people--nutritious, attractive meals and special recipes for oldsters--will be featured in the dietetics laboratory.

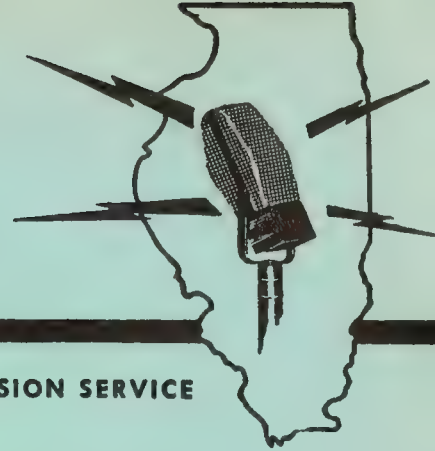
Those interested in textiles and clothing will find plenty to interest them--demonstrations of the care and renovation of fabrics, time-saving methods of construction, and creative design work.

The Home Management House, just off the campus, will be of particular interest to parents. It is here that students live for a period of six weeks in a family-sized group and study the "management" side of homemaking.

Journal of Interpersonal Violence 26(10)br/>October 2011
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 26, 1949

Wall Record--For Family Spending and Saving

URBANA, ILL.--Family accounts require time, but they are a fine tool when it comes to managing pennies and dollars. These days it is not enough to learn how much money has been used. It is also important to know how well the money has been used.

The University of Illinois has two tools for use in money management. Both the Wall Record for Family Spending and Saving and the Family Account Book will make the job more efficient and will speed the work.

The Wall Record is designed primarily for families interested in doing only a minimum amount of account-keeping. If you prefer a more complete record of family living and saving, send for the Family Account Book. It provides for a much more thorough analysis of the problem.

For copies of the Wall Record or the Family Account Book, write to the University of Illinois College of Agriculture. A charge of 15 cents is made for single copies.

Radio News

Radio News is a weekly publication of the Radio News Service, Inc., 1000 Broadway, New York, N. Y.

For subscription information, write to Radio News Service, Inc., 1000 Broadway, New York, N. Y.

Radio News Service, Inc.

Radio News Service, Inc. is a non-profit organization which has been organized to provide a service to the radio industry. It is a service which is designed to provide information to the radio industry in a timely and accurate manner. The service is designed to provide information to the radio industry in a timely and accurate manner. The service is designed to provide information to the radio industry in a timely and accurate manner.

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Gardening--Armchair Variety

URBANA, ILL.--January days are good for gardening--gardening armchair style. Thumbing through seed catalogs, checking varieties and studying tools is a pleasant pastime. Professor Lee Somers horticulture department, University of Illinois College of Agriculture, says it can also be a profitable pastime--if we want it to be.

Winter is the time to plan spring gardens. It's the season to take stock of last year's mistakes and decide how we can profit by them. For example, did you plant more tomatoes last year than you could possibly use? If so, how much time did you spend in taking care of the extra plants--time which you might have spent more profitably?

Did you make a mistake in varieties on some of the products? Would another type of corn have produced better than the one you planted? Did you plant some things that were not popular with your family? Or did you fail to plant some that they wanted?

These are simple questions, to be sure, but ones worth considering. They are ones that can make the difference between a good garden and a poor one. January days are good for gardening--gardening armchair style--provided we make our planning pay dividends

Driving Habits--How Are Yours?

URBANA, ILL.--In driving, as in the other things we do, we develop habits--good ones or bad ones. Correct habits are important, and for most folks it is easier to develop them from the beginning than it is to "unlearn" the bad ones.

Why not give some thought to your driving habits? Are there some that need correcting? Remember, accidents don't just happen! There is always a cause!

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 27, 1949

Shampooing Improves Dingy Furniture

URBANA--When upholstered furniture looks slightly dingy, it's time to try a clean-up treatment. Shampooing with soap jelly is the treatment recommended for fabric that is color-fast.

Home management specialists at the University of Illinois College of Agriculture give this recipe for making soap jelly: Pour 1 cup of hot water over 2 cups of mild soap flakes. That proportion of 1 to 2 is easy to remember. Now beat the mixture to a jelly with a rotary beater.

You will want to test fabrics to make sure they won't change color. Do it in a place that won't show, using this method: Dip a cloth in lukewarm water, wring it out dry, and then dip it in soap jelly. Rub the jelly on the spot. Then rinse with a cloth wrung dry out of clear lukewarm water.

If the color isn't affected, proceed with the shampooing. Apply the soap jelly to only a small area at a time, and rinse it out thoroughly. And be careful not to dampen the stuffing in the furniture.

U. of I. Girls Want Home-Type Careers

URBANA--A group of University of Illinois girls recently told about their career choices. And home-type careers got the most votes.

All of the girls have been taking a class in "Introduction to Home Economics." And among the 125 students, the career choices pretty well covered the field of jobs that are directly related to homemaking.

Here's the list of preferred jobs: home economics teaching, apparel design, merchandising, interior decoration, writing in the field of women's news, dietetics, commercial foods work, textiles and clothing, and work with household equipment.

Careers as county home advisers in the extension service and jobs in the field of child development also won a number of votes. Of course, most of the girls wrote that a "home of my own" is the big goal for the future.

A number of reasons were given for choosing these careers: In home economics teaching, there are many openings, good salaries, chances for advancement and long vacations. Interior decoration work has a bright future because "of the tremendous increase in building of homes since the war." County extension work attracted the students who like to work with people in various age groups.

Statement of the Board of Directors

The Board of Directors of the Corporation has the honor to present to you the annual report of the Corporation for the year ended December 31, 1964.

The Corporation has been successful in its operations during the year ended December 31, 1964. The Corporation has achieved a net income of \$1,000,000, which is a record for the Corporation. The Corporation has also achieved a record for its operating income of \$1,200,000. The Corporation has also achieved a record for its operating expenses of \$1,200,000.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 28, 1949

Special Diets--Make Good Use of Strained Foods

URBANA--There are times in almost every home when a special diet is the order. When a member of the family is ill for a short period, or when an older person cannot eat the regular fare, it is important that that person have the right food.

Miss Harriet Barto, dietetics specialist, University of Illinois College of Agriculture, suggests that strained foods can be used to good advantage in preparing special diets. Such foods are not for infant diets only. Today recipes are keyed to grown-ups as well as to infants.

Creamed carrots on toast topped with grated cheese is one tasty combination. Prepare a thick cream sauce, add the strained carrots and serve on crisp buttered toast. Top with grated cheese, garnish with a bit of green--parsley or water cress--and it's ready to serve.

Strained foods have all the nutrients of the same foods canned in the usual way. In addition to a variety of fruits and vegetables, meats are now available. Some of them are processed so that they can be made into meat patties and broiled. Others are diced and are fine for stews and creamed dishes.

Cabbage--A Top Plentiful and Right in Price

URBANA--Cabbage holds a prominent spot among the "best buys" at local markets these days. It is expected to continue in plentiful supply throughout February. And in addition it has plenty to recommend it from the health standpoint.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that cabbage is low on the calorie side but rich in minerals and vitamins. Raw cabbage is a good source of vitamin C, and it contains iron, phosphorus, and calcium. Green cabbage also has a considerable amount of vitamin A.

A goodly share of the vitamin C can be retained in cooked cabbage, provided the cooking is done properly. It should be started in boiling water and cooked as quickly as possible, and only until barely tender. Do not overcook cabbage, and serve it as soon as it is cooked.

There are scores of ways to serve cabbage--alone or in combination. Hot, savory slaw, panned cabbage, and cabbage wedges cooked in meat broth are all favorites.

Cool, crisp slaw is popular, especially when served with a tart, snappy dressing. Use either French dressing or mayonnaise, but be sure it has zest and tang. A bit of chopped pickle or pickle relish, a dash of mustard or Worcestershire can be added for extra flavor. Add the dressing just long enough before serving to blend the flavors.

For variety in salads, combine the cabbage with shredded carrots and a small portion of grated onion. Diced unpeeled apples, celery, and nuts combined with shredded cabbage make a delicious salad. Another favorite combination is green pepper, cucumber, and cabbage.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 29, 1949

Extra Space in Freezer? Use It for Baked Products

Urbana, Ill.--If you are the proud owner of a home freezer, no doubt you bought it to use in preserving and storing seasonal foods--meats, fruits, and vegetables. And one of the best ways to make it pay for itself is to keep it filled.

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, reminds us that baked products can also be stored successfully in the home freezer. And that is an excellent way to use the space as you remove the seasonal products.

Cake is a favorite dessert in every family. Plain shortened cake may be frozen either in the batter state or after it is baked. It will take only a few minutes to make extra batter to freeze for use later. And it will save both time and energy in assembling ingredients, mixing and cleaning up because you will be getting two cakes in one operation.

Some recipes make cakes that are too large for the small or even average-sized family. You may want to bake half the batter for use now and freeze the rest. Or, on the other hand, you may wish to increase the size of the recipe and prepare enough batter at one time for more than one cake.

Baked cakes take longer than cake batter to prepare for freezing. They also require greater care in packaging and storing. Since they do take considerable space in the freezer, it is practical to store them for only a few days.

Radio News

THE NEW YORK TIMES

The New York Times is a daily newspaper published in New York City. It is one of the most influential newspapers in the world, known for its comprehensive coverage of national and international news, as well as its editorial content. The paper has a long history, dating back to 1851, and is currently owned by the New York Times Company.

The New York Times is published daily, except on Sundays and public holidays. It is available in print and online. The print edition is known for its high-quality journalism and its commitment to accuracy and fairness. The online edition, known as the New York Times Digital, provides access to the paper's content on a variety of devices, including smartphones and tablets. The paper's website also features a range of interactive features, including polls, quizzes, and social media links.

The New York Times is a member of the Associated Press, a news agency that provides the paper with a wide range of news and information. The paper is also a member of the International News Service, another major news agency. The New York Times is known for its commitment to public service and its role in shaping public opinion. It has won numerous awards for its journalism, including the Pulitzer Prize and the Nobel Peace Prize.

Home Economics Open House--Diets for "Oldsters"

Urbana, Ill.--One of the highlights of the Home Economics Open House scheduled for Tuesday, February 1, at the University of Illinois will be the exhibit of diets for elderly people. Nutritious, attractive meals will be featured in the dietetics laboratory, and special recipes will be available.

In the nutrition research laboratory, Farm and Home Week visitors will have an opportunity to see exhibits of research data concerning nutrition and aging. Diets used in the human nutrition studies now under way at the University will be on display, along with photographs of activities at the University diet house.

Members of the home economics faculty will be "at home" to Farm and Home Week guests from 11:45 a.m. to 12:45 p.m. and again from 4:00 to 5:30 p.m. Refreshments will be served in the cafeteria during the afternoon period. You are invited to attend.

Cane for Chairs Is Now Available

Urbana, Ill.--Cane for weaving is in better supply than it has been. And these wintry days are good ones for repairing some of the chairs you sent to storage during the war when you couldn't get good-quality cane.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says you'll need to do considerable groundwork to prepare for the weaving. First of all, study a section of the old caning to see how the strands have been interwoven. Then remove the old cane, using an ice pick or an awl to loosen any parts that are lodged in the holes.

Brush the frame to remove dust and pieces of cane, and repair all broken holes. If the hole is merely cracked, glue the cracked edges together. However, if it is badly broken, insert a patch of wood and glue it to the frame. Then bore a new hole in the patch.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 31, 1949

Farm-Home Week Opens--Rural Youth Takes the Lead

Urbana, Ill.--The 48th Annual Farm and Home Week opened this morning--Monday, January 31--at the University of Illinois. Rural Youth members from every section of the state were on hand at 9 a.m. for their special songfest and announcements for the day.

Dr. Lester Kirkendall, specialist in education for marriage and family life, University of Illinois YMCA, addressed the group at their morning session. His topic was "Marriage Is a Human Relationship." At the close of his talk, the meeting was opened for discussion from the floor.

At the afternoon session, Dr. H. C. M. Case, head of the agricultural economics department, University of Illinois College of Agriculture, discussed the world food situation. As at the morning session, the meeting was opened for discussion from the floor following the address.

Other important events of Rural Youth Day were the election of the continuation committee, the business session, and the social recreation hour. The annual banquet is scheduled for this evening.

Dimes--Let's Keep Them Marching

Urbana, Ill.--Marching dimes mean walking children. Let's send our dimes and dollars to local March of Dimes headquarters. Let's join the March of Dimes today--let's help children walk.

Radio News

THE RADIO NEWS SERVICE

THE RADIO NEWS SERVICE

The Radio News Service is a leading authority in the field of radio news. It provides a comprehensive range of services to its clients, including the collection, editing, and distribution of news stories. The service is known for its accuracy, timeliness, and reliability. It has a long history of providing high-quality news coverage to radio stations and other media outlets. The service is committed to maintaining the highest standards of journalistic integrity and professionalism. It is a valuable resource for anyone involved in the radio industry.

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Cancer--Periodic Examination Best Assurance Against Disease

Urbana, Ill.--Cancer occupies second place as cause of death in the United States. Heart disease ranks first. In Illinois cancer deaths increased 49 percent from 1930 to 1945.

Miss Fannie M. Brooks, associate professor of health education, emerita, University of Illinois College of Agriculture and member of the field staff of the Illinois division of the American Cancer Society, cautioned Farm and Home Week visitors today that we must tell the truth about cancer. Confidence and hope must be created by giving information accurately and impersonally.

One of the principal reasons for the constant increase in the cancer death rate is the fact that there are more people in the cancer-danger age--45 years and older--than ever before. Today there are nearly 10 million persons over 65 years of age.

Cancer is a world-wide problem. It is no respecter of persons, age, race, or creed. Babies may be born with it. Children have cancer of the kidneys, cancer of the bone, cancer of the blood cells and the blood-making organs.

Cancer accounts for one out of every four deaths of women between the ages of 45 and 55. No other disease is comparable. After age 60, cancer kills more men than women.

Medical science and research can conquer cancer as they have so many other diseases, but they must have our cooperation. Cancer is a personal problem. The responsibility rests squarely on the shoulders of each of us. The best assurance against cancer is a periodic physical examination, preferably by your own physician.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 1, 1949

Handicapped Children--Understanding Them

Urbana, Ill.--Dr. Severina Nelson, director of the Speech Clinic, University of Illinois, was key speaker at the opening Farm and Home Week session for homemakers today--February 1. More than 1000 women attended the meeting.

Dr. Nelson emphasized the importance of making speech a part of the child's everyday life--the importance of integrating it with his school work and his social and recreational activities. She illustrated methods and techniques through the use of a moving picture made on the campus last summer.

Dr. Nelson directs the six-week school for handicapped children which is held on the University campus each summer. The work is sponsored by the Division of Special Services, and handicapped children from all sections of Illinois are eligible. Attention is given to cerebral palsy cases, to children with cleft palates, and to those with defective hearing.

Radio News

Continued from page 1

The first of these is the fact that the radio has become a part of the life of the average American. It is no longer a luxury, but a necessity. It is the only means of communication that is available to the masses. It is the only means of communication that is available to the masses.

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Windows--How to Curtain Special Types

Urbana, Ill.--Grouped windows seem to present a rather special problem when it comes to deciding about curtains. However, when we study the situation and treat such windows appropriately--we discover that they add a decorative note to the room.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that a group of windows separated by a narrow strip of wall or a wood trim is usually treated as one unit. It is a good plan to cover the vertical wood trim, especially if it is dark, with curtains, draperies, or both. If the window is high enough, a valance or cornice board may be used.

Bargains--At the Fish Counter

Urbana, Ill.--There are still plenty of good buys at fish counters. Little or no price change has occurred during the past week, and both fresh and frozen varieties are available.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests baking the fish slices or fillets in a well-seasoned tomato sauce. If you have a favorite recipe--one that is easy to prepare and which your family enjoys--use it by all means. If you are on the hunt for a good recipe, try this suggestion.

Simmer 2 tablespoons of onion and a sliver of garlic in 3 or 4 tablespoons of olive oil. Cook for a short period only--about 5 minutes. Add 1 1/2 cups of canned tomatoes and season to taste with salt and pepper. Add a tablespoon of chopped parsley and a bit of bay leaf, and simmer for about 20 minutes.

Arrange the fish in a shallow baking pan, pour the sauce over it and bake at 325° F. about 20 minutes, depending on the thickness of the slices or fillets. Remove the cover during the last few minutes of baking to glaze the fish. (Recipe makes sauce sufficient for preparing 2 pounds of fish.)

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 2, 1949

Illinois Safe Homes Program--Two Awards Given

Urbana, Ill.--Two Illinois counties received Safe Homes Awards this morning at the homemakers Farm and Home Week session, University of Illinois. Champaign county received the award for having the largest percentage of enrolled families reporting no home accidents in 1948. To Richland county went the award for the lowest percentage of home accidents reported among the total number of families enrolled.

The Safe Homes Program has been under way in Illinois since 1942. Last year--1948--forty-nine counties participated, with 11,940 families enrolled and working to make their homes and their communities safer places in which to live.

The Illinois Safe Homes Program is sponsored by the University of Illinois Extension Service in Agriculture and Home Economics in cooperation with the Illinois Home Bureau Federation. The purpose of the program is to prevent home accidents and to obtain data on the causes of home accidents.

Enrollment is open to any person, club or group willing to cooperate in making homes safe. Enrollment for the 1949 program is now under way. Enrollment sheets are available at county extension offices throughout the state.

Radio News

Continued from page 1

The following are the names of the stations:

1. Radio News (New York City)

2. Radio News (New York City)

3. Radio News (New York City)

4. Radio News (New York City)

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40. Radio News (New York City)

Frozen Cake Batter--Thaw Before Baking

Urbana, Ill.--As fruits and vegetables come from home freezers, baked products are taking their place. Cakes, pies, and rolls can be frozen successfully, provided they are treated right. In scores of homes cakes seem to be the most popular of these products.

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, reminds us that cake batter should be thawed before it is baked. If you freeze the batter in a carton, it will have to be thawed before it can be transferred to a baking pan. This will require about five hours at room temperature or overnight in the refrigerator.

Cake batter frozen in the pan--ready for baking--should also be thawed before baking. Do not remove the cellophane until the cake is thawed. If you remove the cellophane as soon as you take the cake from the refrigerator, moisture from the air will condense on the cold surface of the batter. This tends to make the crust sticky. Thawing in the pan will take about 1 1/2 hours at room temperature. The batter is ready for the oven as soon as it appears stiff, and before gas bubbles begin to form.

Front Walk--Check Yours With These Suggestions

Urbana, Ill.--Is your front walk straight and true? Or does it curve or angle on its way to the door? In speaking to Farm and Home Week guests this afternoon (February 2), Professor H. W. Gilbert, specialist in landscape architecture, said that in many situations a straight walk will look best and serve best.

The walk to the front door should be a minimum of 42 inches in width. Large houses may look better with a 6 foot walk, or even wider to conform in scale. A rule-of-thumb--two adults and a child should be able to walk abreast to the front door.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 3, 1949

Farm-Home Week--Family Life in India Discussed

Urbana, Ill.--Today's Farm and Home Week session for homemakers opened with a discussion of family life in India. Mr. H. C. Mirchandani, University of Illinois graduate student from India, contrasted family life in his country with traditions and customs in the United States.

The main point of difference between the Indian and the Western family life is the joint family system which is the order in India. It is based on the old Hindu concept which emphasizes the group--village, community, or the family--as the fundamental unit of organization.

Under the joint family system, all members of the household live in a closely knit unit, and generally under a common roof. All members of the family are joint sharers of a common property which may be divided when necessary. The father is head of the family.

This system has advantages and disadvantages. The chief advantage is that it provides security and maintenance for all family members, whether earning or not, and tends to bind or hold the family together. On the other hand, it takes away the incentive and initiative of an individual for progress and development.

India is passing through vast sudden changes of political and economic importance. These are bound to affect the pattern of family life in many ways. The late Mahatma Gandhi made a beginning when he forced women to take an active part in the struggle for freedom of the country. In recent years the Indian Women's League has fought--and successfully--for better rights for women. The new constitution is making necessary changes in the age-old laws and traditions.

Pressure Saucepan--Good for Roasting Meat

Urbana, Ill.--The pressure saucepan can be used to good advantage in roasting the less tender cuts of meat. Mrs. Ruth Keys Clark, foods research specialist, University of Illinois College of Agriculture, says laboratory tests indicate that the meat is tender, palatable, and attractive. Most of the judges rated it slightly drier in texture than meat roasted in the oven, however.

Tests were also made for retention of the two B vitamins--thiamine and riboflavin. The meat cooked in the pressure saucepan retained more thiamine than did the meat roasted in the oven. However, the method of cooking seemed to have no effect on the amount of riboflavin retained.

Brownness was another point studied. The meat roasted in the oven had a brown, crisp crust, which is generally considered desirable. However, a similar brownness can be obtained on meat roasted in the pressure saucepan by placing it in a hot oven or broiler for a few minutes before serving.

Top-round beef roasts were used for the study. Each roast weighed 5 pounds and was 2 1/2 inches thick. The meat roasted in the oven was cooked at 325° F. The meat roasted in the pressure saucepan was cooked under 15 pounds' pressure at 250° F. About one-third the time was required for roasting the meat in the pressure saucepan as for roasting it in the oven.

The pressure saucepan is first-rate equipment for roasting the less tender cuts of meat--those that require moisture to tenderize the fibers. However, for top-quality roasts--prime ribs, for example--the oven method is preferred.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 4, 1949

Cancer--Money Needed to Wage Nation-Wide Fight

Urbana, Ill.--Most early cancer is curable. But we must fight it with knowledge. Fear, ignorance, superstition, and delay--all are the allies of cancer.

Miss Fannie M. Brooks, associate professor of health education emerita, University of Illinois College of Agriculture, and now a staff member of the Illinois Division of the American Cancer Society, reminded Farm and Home Week visitors that the nation-wide fight against cancer calls for money. The goal for this year is sixteen million dollars.

Two billion dollars went to produce the first atomic bomb. One hundred thousand top-flight physicists and chemists worked two and one-half years to perfect it. We spent 317 billion dollars on the entire war and lost 280,000 lives.

But from Pearl Harbor Day, December 7, 1941, to VJ Day, August 15, 1945, 607,000 lives were lost from cancer in the United States. More than twice as many Americans as this were killed by cancer as by the Japs and the Germans. And during this same period we spent only two million dollars on the war against cancer.

We cannot win our fight against cancer without money for education, for research, and for services. The United States recognized this need when Congress voted April as Cancer Control Month. The American Cancer Society's first big drive for funds was in April 1945. We are getting ready for the 1949 campaign. The goal is sixteen million dollars. You will have an opportunity to top last year's contribution.

Radio News

Continued from page 1

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Radio News

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Buying Refrigerator? Size Is Important

Urbana, Ill.--If you are in the market for a refrigerator, give special attention to the size when you make your purchase. As every homemaker knows, in order to be satisfactory a refrigerator has to be big enough to meet family needs.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says the "right size" depends on a number of things, and most of them have to do with your family. How many of you are there? How much entertaining do you do? How often do you market? How much food do you usually store?

For the average family of four, the 7-cubic foot box is the smallest satisfactory size. A family of two generally will find a 6-cubic foot refrigerator large enough. The size needed for a larger family can be estimated by adding an extra cubic foot for every two additional people.

Another point to keep in mind when deciding on the size of the refrigerator is available space. The space should be large enough to allow for free circulation of air around the refrigerator. For economical operation, allow from 6 to 13 inches above the box and from 4 to 5 inches between the refrigerator and the wall. Space should also be allowed on each side of the refrigerator.

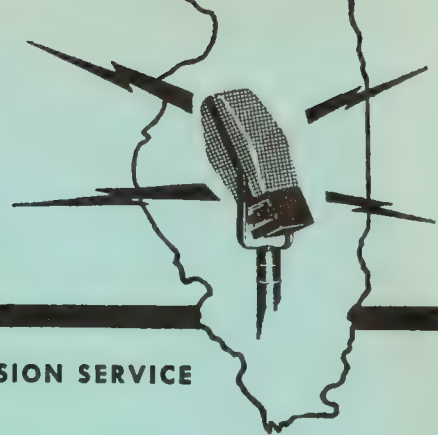
Printed Fabrics--Check Pattern Carefully

Urbana, Ill.--Printed fabrics are leaders in the spring fashion picture. Stripes, plaids, and floral patterns--ranging from the very bold to the quiet ones--are to be found in ready-to-wear departments and at yard-goods counters.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, cautions that printed materials call for careful buying. One very important point to check is the straightness of the pattern or the printing. Examine the fabric carefully and thoroughly--make sure the pattern is straight with the yarn or the grain of the goods.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 5, 1949

Your Hose--How Do You Buy Them?

Urbana, Ill.--How many pairs of hose do you buy each year? More than your budget will allow? Careful buying is a first-rate guarantee against short service and faulty construction.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says one of the first decisions one should make has to do with style or type--whether to buy full-fashioned or circular-knit hose. Both have advantages, depending on the pocket-book and needs of the wearer.

Full-fashioned hose fit and hold their shape. They have even texture and color because they are not stretched unduly at larger areas. They are knitted in a flat piece and then seamed.

Circular-knit hose are cheaper than the full-fashioned. They are knitted in tubular form and blocked to fit the leg. There is no seam in the bottom of the foot and no true seam down the back. These hose tend to lose their shape and are apt to shrink.

Relative Motion

Two objects moving in the same direction

Relative velocity

Two objects moving in opposite directions

Two objects moving in the same direction

Two objects moving in opposite directions

Two objects moving in the same direction

Two objects moving in opposite directions

Relative velocity

Two objects moving in the same direction

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Cheese--First Aid for Winter Menus

Urbana, Ill.--Cheese is especially plentiful and reasonable in price--particularly the American and Swiss types. It's a food that is easy to adapt to menu plans and time schedules. It can be used as an ingredient in prepared dishes or served "as is" with crisp wafers or thin slices of toast.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that cheese has plenty to recommend it. It is one of our most important sources of protein. In addition it contains vitamin A, riboflavin, and minerals.

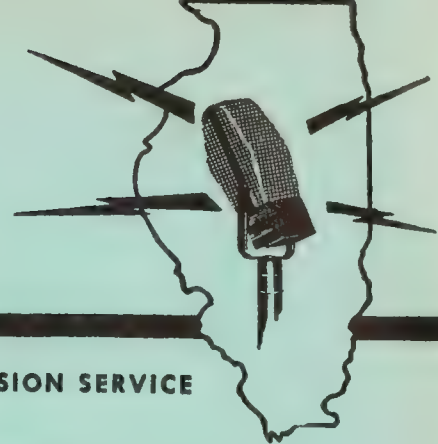
Cheese is a highly concentrated food and should be used as such, not as an accessory or an "extra." A rich cheese sauce will add both food value and good flavor to rice, hominy grits, macaroni or spaghetti. A small portion of grated cheese added to vegetables just ahead of serving makes for good eating. Cabbage, cauliflower, broccoli, and asparagus seem to have a special affinity for cheese.

Cheese and egg combinations are timely because both are plentiful. Scalloped eggs topped with grated cheese is a fine dish for luncheon or supper. Cheese omelet, cheese souffle, and scrambled eggs with cheese are all favorites and not difficult to prepare.

When you cook cheese, or any dish which includes even a small amount of cheese, check the cooking temperature carefully. The rule is "go easy on the heat," because cooking at too high a temperature for too long a period will make the cheese stringy, tough, and leathery.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 7, 1949

Freezing Cake Batter? Here's How

Urbana, Ill.--If you have unused space in your freezer, why not use it for storing baked products? Cakes--frozen either before or after baking--can save considerable time and energy.

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says that cake batter may be frozen in two ways--either in a cardboard freezer carton or in the baking pan. Batter for a square eight-inch loaf pan or for two layers can be placed in a quart freezer container.

Use a round freezing carton with a slip-on lid. It is easy to fill the container and easy to remove the batter after freezing.

If you plan to store the batter for a short period, you may freeze it in the baking pan. Wrap the pan and batter in cellophane, heat seal it, and freeze immediately.

Radio News

Time and Location of Broadcast

Station and Frequency

Page No.

Program Name and Description

Date of Broadcast

The following is a list of the programs broadcast on the station during the week of January 1, 1934. The programs are listed in the order in which they were broadcast. The time of broadcast is given in parentheses. The station and frequency are given in the second column. The page number is given in the third column. The program name and description are given in the fourth column.

Time of Broadcast	Station and Frequency	Page No.	Program Name and Description
7:00 P.M.	WABC 730 K.	1	Radio News
7:30 P.M.	WABC 730 K.	2	Radio News
8:00 P.M.	WABC 730 K.	3	Radio News
8:30 P.M.	WABC 730 K.	4	Radio News
9:00 P.M.	WABC 730 K.	5	Radio News
9:30 P.M.	WABC 730 K.	6	Radio News
10:00 P.M.	WABC 730 K.	7	Radio News
10:30 P.M.	WABC 730 K.	8	Radio News
11:00 P.M.	WABC 730 K.	9	Radio News
11:30 P.M.	WABC 730 K.	10	Radio News
12:00 A.M.	WABC 730 K.	11	Radio News
12:30 A.M.	WABC 730 K.	12	Radio News
1:00 A.M.	WABC 730 K.	13	Radio News
1:30 A.M.	WABC 730 K.	14	Radio News
2:00 A.M.	WABC 730 K.	15	Radio News
2:30 A.M.	WABC 730 K.	16	Radio News
3:00 A.M.	WABC 730 K.	17	Radio News
3:30 A.M.	WABC 730 K.	18	Radio News
4:00 A.M.	WABC 730 K.	19	Radio News
4:30 A.M.	WABC 730 K.	20	Radio News
5:00 A.M.	WABC 730 K.	21	Radio News
5:30 A.M.	WABC 730 K.	22	Radio News
6:00 A.M.	WABC 730 K.	23	Radio News
6:30 A.M.	WABC 730 K.	24	Radio News
7:00 A.M.	WABC 730 K.	25	Radio News
7:30 A.M.	WABC 730 K.	26	Radio News
8:00 A.M.	WABC 730 K.	27	Radio News
8:30 A.M.	WABC 730 K.	28	Radio News
9:00 A.M.	WABC 730 K.	29	Radio News
9:30 A.M.	WABC 730 K.	30	Radio News
10:00 A.M.	WABC 730 K.	31	Radio News
10:30 A.M.	WABC 730 K.	32	Radio News
11:00 A.M.	WABC 730 K.	33	Radio News
11:30 A.M.	WABC 730 K.	34	Radio News
12:00 P.M.	WABC 730 K.	35	Radio News
12:30 P.M.	WABC 730 K.	36	Radio News
1:00 P.M.	WABC 730 K.	37	Radio News
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4:00 P.M.	WABC 730 K.	43	Radio News
4:30 P.M.	WABC 730 K.	44	Radio News
5:00 P.M.	WABC 730 K.	45	Radio News
5:30 P.M.	WABC 730 K.	46	Radio News
6:00 P.M.	WABC 730 K.	47	Radio News
6:30 P.M.	WABC 730 K.	48	Radio News
7:00 P.M.	WABC 730 K.	49	Radio News
7:30 P.M.	WABC 730 K.	50	Radio News

Page 1

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5:30 A.M.	WABC 730 K.	22	Radio News
6:00 A.M.	WABC 730 K.	23	Radio News
6:30 A.M.	WABC 730 K.	24	Radio News
7:00 A.M.	WABC 730 K.	25	Radio News
7:30 A.M.	WABC 730 K.	26	Radio News
8:00 A.M.	WABC 730 K.	27	Radio News
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9:00 A.M.	WABC 730 K.	29	Radio News
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6:00 P.M.	WABC 730 K.	47	Radio News
6:30 P.M.	WABC 730 K.	48	Radio News
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Honey--A Thrifty Sweetener

Urbana, Ill.--Honey is in good supply throughout the mid-west. Let's inquire about it at the local grocer's.

The quality of honey is better this year than it was a year ago. The reason is that most of the strong-flavored honey has been left with the bees for winter feeding. Honey is also lower in price--good news, if you're a thrifty homemaker.

Slip Covers--Good Fit Important

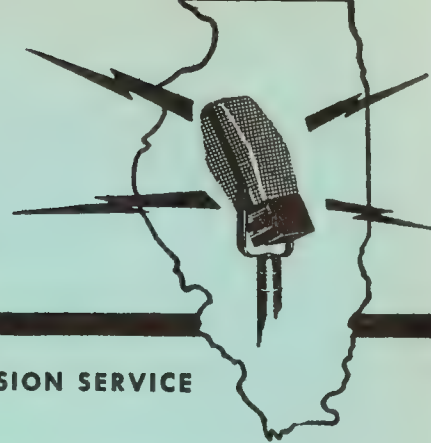
Urbana, Ill.--Slip covers are good for adding color or pattern to drab and uninteresting rooms. Their beauty and smartness depends to a great extent on good fit.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says it is always best to use preshrunk fabric or to shrink washable ones before cutting. Allowing for shrinkage is never reliable.

Firmly woven materials without much sizing make the best slip covers. Avoid heavy materials. The seams on heavy material will be bulky, and the covers will not fit smoothly.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 8, 1949

Buying a Washing Machine? Capacity Is Important

Urbana, Ill.--Today many makes and models of washing machines are on the market, and at quite a wide range in price. They differ in design and appearance and in quality of materials and workmanship. They differ in time-saving and labor-saving features. Your problem is to choose the machine that best meets your needs.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says one point which homemakers sometimes fail to consider when they select a washer is its capacity. It is very important to know how big a load it will take.

Capacity is usually measured by the number of pounds of clothes that can be washed at one time. In standard-sized machines--designed for ordinary family washing--this ranges from 6 to 10 pounds.

To make a wise choice, you'll need to consider how big your washing usually is. You'll need to think, too, about the kinds of clothes you have to wash and how you sort or divide them into washer loads. Another point to consider is how often you wash. If you wash only once a week, you'll probably prefer a machine that will carry as large a load as possible.

If you find it more convenient to wash two to three times each week, a smaller size may suit your needs better. For small washings, there are portable machines that hold 2 to 3 pounds of clothes. These small machines are handy for baby clothes and other small articles. However, they do not satisfactorily take the place of a standard-sized machine--even for a small family--if all the washing is to be done at home.

Illinois Safe Homes Program--1949 Enrollment

Urbana, Ill.--Enrollment for the 1949 Illinois Safe Homes Program is under way. Already 55 counties in the state have requested information and are enrolling families. The goal is a state-wide program with every county participating.

The 1948 safety summary showed that 3,878 homemakers in 30 counties reported no home accidents for the year. There were 28 counties that reported 240 home accidents--an average of 9 per county. The highest number of accidents reported by a single county was 22.

The Illinois Safe Homes Program is sponsored by the Illinois Home Bureau Federation and University of Illinois Home Economics Extension. The purpose of the program is to prevent home accidents and to secure accurate data on the causes of home accidents. Any family willing to cooperate in preventing home accidents is eligible. You can get information about the program and enrollment procedure from the county home adviser.

Dried Fruits--Plentiful and Right in Price

Urbana, Ill.--Dried prunes and raisins will be on grocers' shelves in good supply all this month. They are good quality and reasonable in price. They deserve a place in thrifty market baskets.

You can't go wrong in cooking either prunes or raisins. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that a bit of spice will work magic with both of these fruits. Next time you cook them, add a stick of cinnamon and a few whole cloves. Just before the end of the cooking period, add a slice or two of lemon. The spicy tang makes them perfect to serve with meats.

Try cooking either prunes or raisins with oatmeal or Cream of Wheat. They give contrast in texture and color and add interesting flavor. Raisins can go into muffins, cup cakes, quick breads and yeast breads. Cooked prunes, diced or chopped, can be used in the same way.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 9, 1949

Spring Wardrobes--Take Stock Before You Buy

Urbana, Ill.--Thinking about your spring wardrobe? What materials or garments do you have that can be used? These are times that call for thrift aplenty, and a good inventory will simplify planning.

Renovation is the order today, just as it was in wartime. Very often materials that are faded, or ones that do not fit into the wardrobe color scheme, can be made attractive and usable by giving them a good dye bath.

If you want information on dyeing materials, send for the University of Illinois leaflet "Dyeing Used Fabrics." Miss Edna Gray, clothing specialist, is the author, and she has listed directions that are complete and easy to follow. For example, she tells you how to do the work--step by step--from the preparation of the material until the job is finished.

Directions are given for selecting and preparing the dye, for dyeing over colors, for striping color, for tinting fabrics, for dyeing fabrics fast colors, and for setting colors. The equipment you'll need for home dyeing is listed.

If you wish a copy of "Dyeing Used Fabrics," write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

Potatoes--They Make for Good Eating

Urbana, Ill.--If we eat potatoes daily, say authorities, we get as much as one-fourth of our vitamin C quota. In addition we get some of the B vitamins, iron, and other important minerals and starch.

Radio News

WORLD NEWS

The United States has been a leading power in the world since the end of the Second World War. It has been a leading power in the world since the end of the Second World War. It has been a leading power in the world since the end of the Second World War.

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Apple Pie Tricks--You'll Want to Try These

Urbana, Ill.--Apple pie seems to be first choice for most folks. No one seems to know the reason for its popularity, but it has stood near the top of the list for so long that it has become traditional. "Make mine apple" are the words most often heard in restaurants, hotels and tearooms.

Plain apple pie, golden brown and spicy, is always welcome; but since apples team well with many other ingredients, why not try variations? Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, sends along these apple pie tricks--all good ones, ones you'll want to try.

Cheese-topped apple pie is a favorite. Just before serving, cover the top crust with thin slices of a well-flavored sharp cheese. Set under a low broiler flame only long enough to melt the cheese. Serve at once, warm, crisp and full-flavored.

If you want something extraspecial, try this trick: Cut the top crust slightly smaller than the pie plate. Place it on top of the apples but do not attach it to the bottom crust. As soon as the pie is baked remove the upper crust carefully. A spatula is a good tool to use. Spread about one-fourth cup of thick sweet cream over the apples, and replace the crust. This must be done as soon as the pie comes from the oven--while the apples are hot--so that the cream will be absorbed by the fruit.

A popular variation for a one-crust pie is to glaze it with a tart jelly. Prepare the pie as usual, and bake it until the apples are barely tender. Spread the top with a generous layer of crap apple or currant jelly. Return the pie to the oven for a few minutes to melt the jelly and glaze the top.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 10, 1949

New Bathroom--Plan Size, Location

Urbana, Ill.--Many families will be putting in a new bathroom this spring, and here are some suggestions to help decide on the location and size for it. They come from Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

In a one-story house, it's best to have the bathroom near bedrooms and opening off a hallway. For a two-story house, the family will have to decide whether the first or second floor would be the most convenient location. Of course if it's possible to have a washroom on the first floor and a bathroom upstairs, that is generally the most satisfactory arrangement.

When it comes to the question of how big the bathroom should be, remember that the recommended minimum size is 5 by 7 feet. Unless the room is big enough, it will not be convenient to use and it will be hard to clean and take care of.

The family will want to be sure that fixtures are placed in the most convenient arrangement. Miss Ward suggests trying out different arrangements by making scaled cutouts and putting them on a drawn floor plan. In making the cutouts, use an inch to represent a foot.

Or cut actual-sized fixtures of cardboard. Then arrange them right on the floor space that's to be used for the bathroom.

Radio Waves

The following information is for your reference only. It is not intended to be used as a substitute for the actual data provided in the Radio Waves section of the manual.

Radio Waves

Radio waves are electromagnetic waves that travel through the air. They are used for communication between a transmitter and a receiver. The frequency of the radio waves determines the type of communication that can be used. For example, radio waves with a frequency of 100 MHz are used for FM radio, while radio waves with a frequency of 1000 MHz are used for mobile phones.

Radio waves are also used for navigation. For example, radio waves are used by GPS systems to determine the location of a vehicle. Radio waves are also used for weather forecasting. For example, radio waves are used by weather stations to measure the temperature and humidity of the air. Radio waves are also used for medical purposes. For example, radio waves are used by doctors to treat certain types of cancer.

Radio waves are also used for entertainment. For example, radio waves are used by radio stations to broadcast music and news. Radio waves are also used for television. For example, radio waves are used by television stations to broadcast programs. Radio waves are also used for video games. For example, radio waves are used by video game consoles to communicate with the game pieces.

Radio waves are also used for many other purposes. For example, radio waves are used by scientists to study the universe. Radio waves are also used by farmers to monitor the health of their crops. Radio waves are also used by doctors to monitor the health of their patients. Radio waves are also used by many other people for many other purposes.

Have a "Warmer-Upper" in Lunchbox

Urbana, Illinois--Something piping hot in the lunchbox--like a thermos of cocoa--will hit the spot with school youngsters on these chilly days.

Miss Grace Armstrong, foods and nutrition specialist at the University of Illinois College of Agriculture, says the best lunchbox includes something hot every day during the winter. And for a different hot beverage, she suggests trying well-seasoned tomato juice.

Soups of the hearty variety are good for school lunches too. You'll probably think first of rich vegetable soup. But how about creamy potato soup or split pea soup? Miss Armstrong suggests that these plainer kinds can be varied by adding chopped meat. You can add thin slices of frankfurter or some diced ham and make the soups more rib-sticking.

Put Meat on Rack for Pressure Cooking

Urbana, Illinois--Put meat on a rack to cook it in the pressure saucepan--unless you want a stew-like product.

You'll find that meat which is held above the cooking water by a rack is tastier than meat which is touching the water. That's the report of Mrs. Ruth Keys Clark. She has been doing research on meat cookery in the foods research laboratory of the Home Economics Department, University of Illinois College of Agriculture.

If you want to make a stew, though, Mrs. Clark says to put the meat directly into the water, as is customary.

Another important point in getting the best pressure-cooked meat is to use just the right amount of liquid. It takes only a small amount. Mrs. Clark says that 5-pound beef roasts cooked in the laboratory took only 2 tablespoons of water.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 11, 1949

Chewing-Gum Trouble--What to Do About It

Urbana, Ill.--Have you had this happen at your house: Someone is careless with his chewing gum and you discover it on the carpet or the upholstered chair, or on the table linen? What's the remedy? How do you remove it?

Chewing gum and chewing-gum stain are usually difficult to remove. Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says the treatment depends on the type of material or fabric. If the material will not water-spot, the first step is to rub the gum spot with ice. When the gum has hardened, scrape and rub it out of the material. This method is particularly good for rugs and other heavy materials.

If the stained material is washable, such as table linen or a handkerchief or a cotton garment, the stain is less difficult to remove. However it does call for more than the usual laundering. First soften the gum with slightly beaten egg white. Let it stand for several minutes at least, and then wash as usual.

Carbon tetrachloride and kerosene may be used to good advantage, depending on the fabric. However, if you use kerosene, plan to wash the material in warm soapy water after the treatment.

REPORT

The following report was prepared by the committee on the subject of the proposed changes in the constitution of the Association. The committee has the honor to submit to you the results of its deliberations and to recommend that the proposed changes be adopted. The committee believes that these changes are necessary for the better management of the Association and for the more effective representation of its members. The proposed changes are as follows:

1. To increase the number of members of the Association from 100 to 150.
2. To increase the number of members of the Executive Committee from 5 to 7.
3. To increase the number of members of the Finance Committee from 3 to 5.
4. To increase the number of members of the Nominations Committee from 3 to 5.
5. To increase the number of members of the Resolutions Committee from 3 to 5.
6. To increase the number of members of the Publications Committee from 3 to 5.
7. To increase the number of members of the Social Committee from 3 to 5.
8. To increase the number of members of the Sports Committee from 3 to 5.
9. To increase the number of members of the Entertainment Committee from 3 to 5.
10. To increase the number of members of the Miscellaneous Committee from 3 to 5.

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Your Waffle Iron--How to Clean

Urbana, Ill.--Why do waffles stick to the iron? That's a question that many homemakers are asking these winter days. Hearty fare is the order for breakfast, lunch and supper, and waffles are favorites.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to check the batter first. If it is too thin, the waffles may burn or stick. But if you are sure the batter is right, then check the waffle iron.

The grids of the iron must be clean. There are several methods that can be used to keep them in condition. Perhaps the most simple one is to clean them with steel wool and whiting. Spanish whiting is an inexpensive fine chalk that cleans without scratching or injuring the surface. It can usually be purchased at hardware or paint stores.

Waffles will sometimes stick on new grids or even on old ones after they have been cleaned. To eliminate this trouble, grease the grids with unsalted fat, and preheat the iron thoroughly.

Be sure to cool the iron thoroughly before you store it or put it away even for a short time. Leave it open to cool.

Positions--Open for Men Nurses

Urbana, Ill.--Here's a call from the American Nurses' Association! Positions are open for men nurses. There are approximately 9,000 male nurses in the United States today, but many more are needed.

Today there are 28 states which have 115 schools that admit men for a basic course in nursing education. New York leads with 25 schools. Four schools in four states are for men exclusively.

There is a wide range of nursing activities open to men today. Public health, industrial and psychiatric nursing are especially suited to young men who wish to enter nursing as a profession. Men nurses are needed in wards in general hospitals, in treatment clinics, in blood banks, and in central supply rooms. They are needed as laboratory technicians, X-ray technicians, and for ambulance service and medical detailing.

More positions are open today for men nurses than there are applicants. A campaign has been launched to enlist the entire nation in an effort to overcome the present nursing shortage.

1944-1945. The first of these was the fact that the war had ended. This was a relief to many people, but it also meant that the government had to deal with a new situation. The economy was in a state of collapse, and the government had to take steps to deal with this. The second of the main problems was the fact that the war had ended. This was a relief to many people, but it also meant that the government had to deal with a new situation. The economy was in a state of collapse, and the government had to take steps to deal with this.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 12, 1949

Carrots by the Pound--They're Easy on the Purse

Urbana, Ill.--If you're interested in vegetable bargains, ask about carrots sold by the pound, or the so-called loose carrots. They are heaped in bins and on counters in local stores and markets throughout the midwest, and they are priced within reach of even very modest budgets.

It is true that these mature carrots are not quite so mild in flavor as the younger carrots sold by the bunch. However, they are usually higher in vitamin A and are excellent in texture and flavor.

Select carrots that are in good condition--fresh and crisp and firm. Use them for soups, escalloped dishes, and casserole combinations. They are delicious served with a plain butter sauce or a bit of sweet cream.

For extra flavor, add a small slice of onion during cooking. Send the carrots to the table topped with a generous sprinkling of chopped parsley--it gives good contrast in color.

* * *

Take Time to Drive Safely

Urbana, Ill.--The National Safety Council reminds us that icy roads and snowy roads are dangerous. It may take 3 to 12 times as much distance to stop your car as when the concrete is dry.

Let's take time to drive carefully on slippery roads. Let's allow ample distance for stopping safely. Let's remember, too, that the driver of the other car may not be a cautious driver. We need always to be in a position to make allowance for his carelessness. Accidents don't just happen--there is always a cause.

* * *

1. *Staphylococcus aureus* (100%)

Vitamin C--Where to Find It

Urbana, Ill.--Report from the United States Department of Agriculture indicates that the January freeze in Texas may have damaged citrus fruits considerably. Damage to the white grapefruit appears to be less than to the pink and red varieties, according to the early survey. Heaviest damage to the orange crop may be in the midseason varieties.

Most families count on citrus fruits to supply a goodly portion of our vitamin C. If the fresh fruit becomes short in supply and the price higher than usual, it may be necessary to look to other sources for the precious vitamin.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that tomato juice supplies considerable vitamin C. It is true that we need to serve about twice as much of it as of the citrus juice to supply the same amount of the vitamin, but it is a valuable source.

Canned citrus juices are plentiful at present. While they are not so attractive in flavor, perhaps, as the fresh fruit, they are packed with vitamin C. Cabbage, fresh and crisp, is another good source of vitamin C. While it has moved into a higher price bracket recently, it is still a good buy in many markets.

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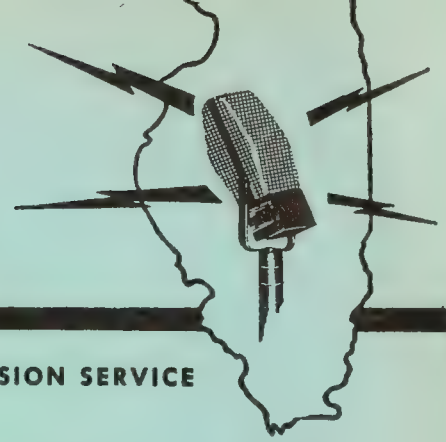
Frozen Cakes--Allow Time for Thawing

Urbana, Ill.--If you are tucking baked cakes into your home freezer these days, remember to remove them well ahead of serving time. Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says thawing time depends on the size of the cake. Thawing a whole cake takes about 2 hours at room temperature or 30 minutes in the oven. If you decide on the oven method, keep the temperature at 300° F. Whether you thaw the cake at room temperature or in the oven, do not remove the wrapping until defrosting has been completed.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 14, 1949

Special Finishes--For Fabrics

Urbana, Ill.--Many of the fabrics leading the spring fashion parade are wearing special finishes. Some of them are crisp, some are crinkled, some are crush-resistant, others are water-repellent--depending on the finish treatment.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, warns that these special finishes should be considered in shopping. Of first importance is whether or not the material has been so treated. Very often the label carries this information.

It is also important to know whether the finish is permanent and whether it requires special care. Some of the finishes are removed by dry-cleaning, others by laundering, and still others simply by pressing with a hot iron.

Some of the cottons coming to market this season have a plastic resin finish. Many of the materials have a high sheen and a moiré appearance. This finish is permanent to laundering.

* * *

Drop Cakes--These Call for Honey and Raisins

Urbana, Ill.--Honey and raisins are two products on the plentiful list these days. When they team up in drop cakes, they give a product that is "extrafine" in flavor and one that is easy on the pocketbook.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, sends along this recipe. It has been thoroughly tested and is quick to prepare. Bake the mixture as you wish--as cookies on a greased baking sheet, or in small cup cake pans.

Honey-Raisin Drop Cakes

3/4 cup honey	1 egg well beaten
1/4 cup shortening	1/2 teaspoon soda
1/2 teaspoon cinnamon	2 tablespoons water
1/8 teaspoon cloves	1 cup raisins
1 1/2 to 2 cups flour	

Heat shortening and honey together until shortening is melted keeping the temperature low. Add spices and set aside to cool. Add egg, soda dissolved in the water, and the raisins. Add flour to make a dough just stiff enough to hold its shape. Drop by spoonfuls on a greased baking sheet and bake in a moderate oven--350° F.--until lightly browned (about 15 minutes, depending on the size of the cookie). To bake as small cup cakes, increase the baking time to 20 to 25 minutes.

* * *

Cut Calories Wisely and Safely

Urbana, Ill.--Miss Harriet Barto, dietetics specialist, University of Illinois College of Agriculture, says breakfast, lunch, and dinner should be the order, even if you're in a reducing frame of mind. Eat frequently, but remember to choose your foods carefully.

Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 15, 1949

Refinishing Floors? Remove Old Finish First

Urbana, Ill.--If you are planning to refinish your floors, it's important to remove the old finish first. Be sure to do a thorough job of it. There are several methods you can use, depending on the type of finish to be removed and the amount of money you wish to spend.

Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture, says sanding is usually the best way to remove the old finish from floors, especially when a large area is to be refinished. It will save you both time and energy. Sanding machines can be rented in many communities. Inquire at your hardware and paint stores.

There is one disadvantage in using the sanding machine though--it calls for skill in operating it. Great care must be taken not to cut into the wood surface. An inexperienced operator, or a careless one, may damage the floor almost beyond repair.

Rayons--When to Iron

Urbana, Ill.--Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that rayons call for care in ironing. Some may be allowed to dry completely and then be ironed without dampening. With others results will be more successful if they are ironed before they become dry.

How to

1. The first step is to

2. The second step is to

3. The third step is to

4. The fourth step is to

5. The fifth step is to

6. The sixth step is to

7. The seventh step is to

8. The eighth step is to

9. The ninth step is to

10. The tenth step is to

Cancer Booklet--Lists Danger Signals

Urbana, Ill.--Of course, you've heard the old saying, "What you don't know won't hurt you." We know today that it is not always true. For when you're dealing with cancer, what you don't know can hurt you.

It is vitally important to know the cancer danger signals--the warning signs that tell you something has gone wrong. The American Cancer Society has a free booklet which lists the seven danger signals. It contains authoritative information on the nature of the disease. It tells you what to do if cancer should strike.

For your copy of the cancer booklet, write to CANCER, Chicago, Illinois. And let's remember that most early cancer is curable. The most effective weapon to use in fighting it is knowledge.

Eggs--Labels Will Help You Buy Wisely

Urbana, Ill.--No doubt you check labels carefully on fabrics and ready-to-wear items before buying. You've learned that the labels carry information that will help you make a wise choice. Do you follow the same rule when you buy eggs?

The United States Department of Agriculture advises homemakers to examine egg labels before they buy. The information on the label is insurance that the eggs you buy will be the quality you want.

The label on eggs graded according to U.S. standards tells the quality or grade, the size, and the date they were graded. Only eggs graded under federal and federal-state programs can carry the letters "U.S." before the grade.

Grading systems, however, vary from state to state. Be sure you know the system used in your locality. If you buy eggs labeled "selected" or "fresh country eggs," you rely solely on your dealer for a guarantee of quality.

FOR RADIO ONLY

FOR RELEASE TUESDAY, FEBRUARY 15, 1949

Home Calendar

LAWRENCE COUNTY Home Bureau Play Day is scheduled for tomorrow--Wednesday, February 16, 1949, 10 a.m. to 3 p.m., Lanterman Park Pavilion, Bridgeport, Illinois. Each unit is responsible for providing part of the program. Folk games, musical numbers, plays and pantomimes will be given.

CHAMPAIGN COUNTY Party for 4-H Club leaders--Agriculture and Home Economics--Saturday, February 19, 1949, at 2 p.m. The meeting is scheduled for the University Place Christian Church, Champaign Illinois. Club Federation members and leaders will be honored.

TRI-COUNTY--KANE, KENDALL, DEKALB--Frozen Foods School Monday, February 21, 1949, 10 a.m. Sugar Grove Community House. Program will include lectures and demonstrations on the preparation of foods for freezing--meat, poultry, and baked and cooked foods. There will be a panel discussion on the purchase and use of the home freezer.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 16, 1949

Home Economics Summer Session--University of Illinois

Urbana, Ill.--Plans are already under way for the Home Economics Summer School at the University of Illinois. The dates are June 17 through August 13, and the schedule is planned to give those who attend time for a few week's vacation.

The sessions are divided into two 4-week periods--June 17 to July 16 and July 18 to August 13. Graduate students and advanced undergraduate students may enroll for one period or for the entire summer session.

During the first period, courses in child development, experimental foods, and farm house planning will be offered. Second-period classes will include work in clothing design and construction and problems in home management.

In addition to the regular courses in Home Economics, work will be given in Home Economics Education. These will include Curriculum Problems and Trends, which will be given during the first 4 weeks, and Supervision in Home Economics Education to be given during the second 4 weeks. Workshop courses are being planned for both sessions.

For more information about the University of Illinois Home Economics Summer School, write to the Home Economics Department, Bevier Hall, University of Illinois, Urbana, Illinois.

Radio News

Continued from page 1

The first of these is the fact that the radio industry is now a major force in the economy. It is estimated that the radio industry contributes over \$10 billion to the national economy each year. This is a significant contribution, especially when one considers that the radio industry is a relatively young industry. The second factor is the fact that the radio industry is a major source of entertainment and information for the American people. It is estimated that over 90 percent of the American population listens to the radio each day. This is a significant figure, especially when one considers that the radio industry is a relatively young industry.

The third factor is the fact that the radio industry is a major source of employment. It is estimated that over 100,000 people are employed in the radio industry each year. This is a significant figure, especially when one considers that the radio industry is a relatively young industry. The fourth factor is the fact that the radio industry is a major source of revenue for the government. It is estimated that over \$1 billion in revenue is generated by the radio industry each year. This is a significant figure, especially when one considers that the radio industry is a relatively young industry.

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A New Lining--For Your Old Coat

Urbana, Ill.--Does your spring coat need a new lining? You can easily do the work yourself if you take time to do the work carefully. This season, just as in seasons past, we'll want to make good use of the garments we have on hand and buy according to our real needs.

Plan to use the old lining as a pattern if you want the new one to fit perfectly. But before ripping it out, mark the notches on the sleeves and armholes so that you can match them when you put in the new lining. Also mark points on the sleeve lining where the elbow fullness begins and ends.

Then rip out the old lining and take it apart. Work carefully so that you will not cut or tear or stretch it at the seams. Remember that it is to serve as your pattern. Mark all the darts, press the best sleeve and front, and the whole back.

The next step is to fold and cut the lining down the center back. If there is a center back pleat, cut it off and cut off the seams on the stitching line. It is more satisfactory to add new seam allowances and a new pleat. Frequently these are not straight on ready-made coats.

Be sure to compare the measurements of the lining with those of the coat. Check especially the measurements across the back of the coat and at the bottom of the armhole. As you know, linings often shrink after they are put in, so the new one may need to be cut larger.

If you want directions for cutting the new lining and for putting it into the coat, here's help for you. Send for a copy of the University of Illinois leaflet, "Put a New Lining in Your Old Coat." It is illustrated, and step-by-step directions are listed for doing the work. Write to the University of Illinois College of Agriculture, Urbana, Illinois.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 17, 1949

Packaging--Important for Good Frozen Meat

URBANA -- When you're freezing meat, one way to make sure it stays in good condition is to wrap it so each package is moisture-vapor resistant.

Packaging materials and the way they are used are both important for success in wrapping meat to freeze. Sleeter Bull, meats specialist at the University of Illinois College of Agriculture, recommends three packaging materials. These are: Locker paper, cellophane used with a paper overwrap, and aluminum foil.

When you are ready to package the meat, first shape it so it will be compact. Trim away as much bone as possible. Even the bone on steaks and chops should be trimmed; then there are no rough edges to puncture the wrapping.

As you wrap meat, pull the wrapper tight to eliminate all air-pockets between the meat and the wrapping. Bring the two edges of the paper together, folding them down against the meat with a tight fold. Do it just the way a druggist wraps a package. Then seal the seams with tape.

As soon as meat is wrapped, freeze it at zero temperature or lower. Put in only a limited amount of meat at one time so the freezer will not warm up. It may take from 8 to 12 hours to freeze meat thoroughly.

Follow Three Rules for "Healthy" Teeth

URBANA -- Make it a habit at your house to follow three health rules which help keep children's teeth "healthy": (1) Eat few sweets. (2) Brush teeth right after eating. (3) Have teeth treated with sodium fluoride.

Some ways for you to carry out this program are recommended by Dr. R. G. Kesel, University of Illinois College of Dentistry.

First of all, to curb the common "sweet tooth," have foods on hand that aren't sweet for the youngsters' between-meal snacks. Some good snacks are popcorn and nuts.

Then to get the most benefit out of tooth-brushing, get little folks in the habit of doing it right after eating. Dr. Kesel says that's a good rule for grown-ups as well as youngsters. He advises you to make it a family habit, with each person brushing his teeth after each meal. Children should be learning to brush their teeth by the time they're 2 1/2 or 3 years old.

The special advantage of the sodium fluoride treatment for children is that it makes tooth enamel less soluble in acid. The treatment is given by a dentist. The best times for treatment vary with each child; but generally it is done periodically around the ages of three, seven, ten, and thirteen. Research shows that sodium fluoride can cut down the amount of tooth decay but it doesn't prevent it completely.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 18, 1949

Bargain Items--At Food Markets

URBANA -- A few bargain items are available in most of our midwest food markets, in spite of weather conditions in the south and southwest. If you are counting pennies carefully, check counters and bins for old cabbage, carrots without tops, onions, and turnips.

Onions are expected to be the most plentiful of any vegetable being marketed throughout February and the greater part of March. Stocks of onions held January 1 by growers and dealers in or near producing areas were only two percent below those held a year previous. Wholesale prices have been dropping consistently so retail prices should be very attractive within a short time.

Good supplies of canned peas--particularly the lower grades--are to be found in many midwest markets. They are reasonable in price, fine in flavor and easy to adapt to menu plans. Casserole combinations, creamed and scalloped dishes are good ways to make use of them.

There has been little activity in the fresh fish market the past week. Whitefish from Canada, lake herring, and yellow pike head the list of good buys in most midwest markets at present. Cold storage supplies of cod fillets, haddock, rosefish (ocean perch), and whiting are good and the price is reasonable. The frozen halibut supply is good.

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FOR RELEASE FRIDAY, FEBRUARY 18, 1949

Straight Chairs--Mrs. Consumer Speaks

URBANA -- What characteristics do you want in a straight chair? What points do you check when you go to the furniture store to buy? Some 1,500 homemakers, enrolled in the Consumer Speaks Project, have been studying straight chairs this past year and their recommendations have just been summarized.

These women asked that a straight chair be first of all comfortable and functional in design. They cast a unanimous vote for sturdy construction, good quality wood, and a finish easy to maintain. They asked, too, that decoration be kept at a minimum.

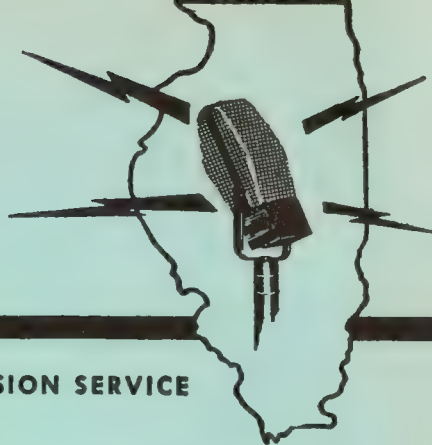
Comments from the consumers in the various states indicate that straight chairs in many local markets do not meet the needs of present day usage. Most women are willing to pay reasonable prices for chairs that do meet their needs, and are of the opinion that the cost should be fair both to manufacturers and consumers.

Straight chairs are no exception to the desire of consumers for labels that give specific information. The women making the study asked that the labels carry information about the wood, the type of joinery, and the finish.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 19, 1949

Honey Is Plentiful--Let's Make Good Use of It

Urbana -- There's no lack of honey on the market today even though midwestern bees were stingy producers last year (1948). Total production for the year was more than 200 million pounds. And about 8 1/2 million more pounds were on hand for sale in mid-December than a year ago.

What's the best way to make use of this good supply of honey? Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that it's at its best uncooked. Use it as a spread for breads, plain cakes, waffles and griddle cakes. Use it to sweeten fruits, beverages and cereals.

Honey is a first-rate ingredient for sandwich fillings. Combine it with peanut butter, with chopped or ground dried fruits, or with cream cheese. Add just enough honey to make the filling of good spreading consistency.

Use honey as a substitute for sugar in such dishes as baked ham, candied sweet potatoes, baked squash, and baked or scalloped apples. Since honey blends well with the flavor of most fruits and vegetables, it can be used to good advantage in salad dressings.

Honey has practically the same sweetening power as sugar--measure for measure. In muffins, breads, and rolls calling for a small amount of sugar, it can replace the sugar--measure for measure--without any other adjustment.

1964 Year

January 1964

February 1964

March 1964

April 1964

May 1964

June 1964

July 1964

August 1964

Heart Disease--What's the Score?

Urbana -- Dr. Roland R. Cross, state director of public health, says heart disease is responsible for one out of every three deaths in Illinois. It is the leading cause of death, accounting for more deaths every year than the next four highest causes combined.

In 1948, diseases of the heart and blood vessels took the lives of 34,225, the largest number of deaths from this cause ever reported in the state in one year. During this same period, Illinois recorded 13,441 deaths due to cancer; 7,419 to cerebral hemorrhage; 5,783 to accidents; and 5,235 to nephritis.

Dr. Cross says that as a result of scientific progress some forms of heart disease can now be cured by the use of drugs and surgery. With an early diagnosis, adequate medical care and attention to hygienic living, much untimely death from heart disease could be prevented.

Good Volume--In Frozen Cakes

Urbana -- If you want high quality in the cakes you store in your home freezer, give attention to the baking powder you use. Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, recommends a double-acting baking powder.

In order to have good volume and texture in the baked product, care must be taken to prevent loss of leavening gas. When a single-acting baking powder is used, leavening gas is released during thawing. As a result, the volume and texture of the baked cake are usually poor.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 21, 1949

When Your Child Doesn't Eat, What's the Trouble?

Urbana -- Dr. Nellie Perkins, director of the child development laboratory, University of Illinois College of Agriculture, says a child's refusal of food should be checked carefully. Sometimes it's the first sign a mother can see of the beginning of a cold or the onset of an infection.

When your child refuses food, don't try to get him to eat by feeding him. And don't tempt him by special, usually forbidden foods. Be sure he is eliminating regularly, and give him extra rest and plenty of water. When the next meal time comes, you'll have a basis for deciding whether it was just fatigue or whether you need to call a doctor.

Test Fabric for Yarn Slippage--Important to Good Service

Urbana -- It is a good plan to test fabrics for yarn slippage before you buy. If lengthwise or crosswise yarns slide too easily, the fabric may pull out at the seams and along tucks and darts. Or "pulled areas" may develop wherever there is much strain.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, suggests that the thumb test be used in checking the material. About an inch from the end of the fabric, or at an inconspicuous place in the garment, grasp the fabric between the thumb and forefinger of each hand. Hold the fabric firmly and pull steadily on the area between the thumbs. If the lengthwise yarns slide easily with this test, the material is not likely to give good service.

Onion Tricks--To Keep Meals Interesting

Urbana -- How many times have you served onions in the past week or ten days? They are in good supply and the price is reasonable. Thrifty cooks are tucking them into market baskets regularly and serving them as a vegetable in addition to using them for seasoning.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that we're missing a good chance to keep meals interesting if we do not make good use of onions. Instead of serving them always in the usual ways--boiled, creamed, and scalloped--try some new tricks.

Have you served whole onions fried in deep fat? They are excellent as a garnish for a roast or a steak, and they are not difficult to prepare. Select small onions--silver skins, if you can find them--and boil them until barely tender. Drain them on a towel, but do not let them cool. Put them into a frying basket and dip them in a kettle of hot fat--375° F.--leaving them not longer than one-half minute at a time. Dip them in the hot fat two or three times, or until they are a golden brown. Drain them and serve at once, piping hot.

Fried onion rings can be served as garnish for meat or as a separate vegetable. Cut Bermuda onions into thin slices, pull the slices apart into rings and fry in deep fat.

If you want to dress the onion rings up a bit--serve them deluxe--try this method: Dip the rings into slightly beaten egg white, diluted with 1/4 cup of milk or water to each egg white. Season with salt and pepper and roll in fine breadcrumbs. Put into a frying basket, plunge into hot fat and cook to a golden brown. Drain on paper to remove excess fat and serve promptly.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 22, 1949

Your Child--Help Him to Learn to Care for His Clothing

Urbana--Your child can learn to care for his clothing--and at an early age--if you are interested. He'll need encouragement and guidance at first, but he can accomplish a great deal once the stage is set for action.

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says that low hooks and drawers that pull out and close easily--but that do not fall out--are an essential. They make it possible for him to be independent in getting and putting away his clothes.

A small chair and a table make it not only easier but more interesting for him to arrange his own dressing activities. He likes best to do what he sees the grown-ups to--he will imitate them. Of course, he will do his first dressing sitting on the floor, for that is where he works best. However, he will try a chair--if a low one is provided--and try it at an early age.

Remember that little children cannot stand or sit still very long. They don't mean to disarrange the clothing that you have laid out for them. It happens in their struggle to get into it. That is why you have to be there--to replace the clothing when your child needs it, to help with the order of dressing, and to see that he reaches his goal.

Radio News

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Hearty Breakfast Fare--For Chill Mornings

Urbana--Did your family have a good breakfast this morning? Or did some of them rush off to school or to work without breakfast because there wasn't time to eat? Most of us believe that the first meal of the day is important, and yet we don't always take time to do anything about it.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends that we plan breakfast menus carefully and keep preparation time to a minimum. She suggests Broiled French Toast with crisp bacon as the mainstay for a good breakfast. It is hearty enough to satisfy appetites and can be ready for serving in a very few minutes.

Use your regular recipe for preparing the toast, and broil it instead of frying it. The broiler will accommodate more slices than the frying pan and thus reduce the preparation time. If you wish, cook the bacon on the broiler rack with the toast. Top the toast with the crisp bacon and serve piping hot with old-fashioned jam or jelly 'longside. Add fruit or fruit juice and a beverage, and your menu will be complete.

Cancer--Know the Danger Signals

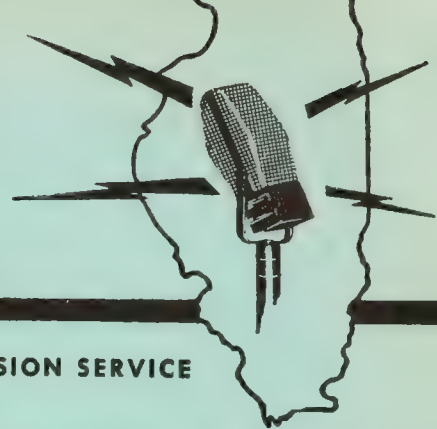
Urbana--Miss Fannie M. Brooks, professor of health education emerita, University of Illinois College of Agriculture, and member of the Illinois Division of the American Cancer Society's field staff, warns you to be on your guard against cancer.

There are seven danger signals which may mean cancer. Learn them. Watch for them. Consult your doctor immediately if one should appear.

For information, write to CANCER, Chicago, Illinois, for the American Cancer Society's booklet on cancer.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 23, 1949

Grain of Material--How to Straighten

Urbana--Grain of material is an important point which some home sewers neglect to check. Grain refers to the lengthwise (warp) and crosswise (filling) threads woven together at right angles to form the fabric.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says that if the material is not grain perfect, the fit, hang, smartness, and wearing quality of the finished garment will be affected. The material should be checked carefully before the pattern is placed for cutting.

The first step is to straighten the ends of the material. Do this by tearing the material or by pulling a thread and cutting along the thread line. Then check the grain by placing a section of the material against a garment square, or the square corner of the table. If the material is off-grain--lengthwise and crosswise threads not at right angles--it should be straightened.

Pull on the short ends of the material--using a diagonal pull--and work gradually to the long ends. Then recheck the grain. If you are working with wool, cotton, or linen, it may be necessary to dampen it in order to pull it straight.

Use the shrinkage method for dampening. Roll wool in a wet towel or sheet and leave it for about six hours. Then straighten it by pulling and spread it on a flat surface to dry. Moisten cotton or linen and roll it in a dry towel or sheet. Leave for an hour or two; then pull straight and place on a flat surface to dry.

Aprons--For Kneeling Jobs

Urbana--Thumbing through seed catalogues is a popular pastime these days. But almost before we realize it will be time to put seeds into the ground. Why not make an apron designed especially for those kneeling jobs you'll be doing this spring?

The University of Illinois leaflet, "Aprons for Kneeling Jobs--Indoors and Out," gives step-by-step directions for making two types of kneeling aprons. One has a kneeling pocket; the other is a knicker apron with padded knees.

The leaflet is illustrated and directions are given for making your own patterns. Suggestions are listed to guide you in selecting the material. For your copy of the University of Illinois leaflet, "Aprons for Kneeling Jobs--Indoors and Out," write to the University of Illinois College of Agriculture, Urbana, Ill.

Mayonnaise--What Goes Wrong When It Curdles?

Urbana--Quality mayonnaise should be thick and smooth, but there are times when it curdles or separates. What's the reason? Is there a remedy once the curdling has started?

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that adding the oil too rapidly will sometimes cause the mayonnaise to look curdled. Or curdling may result if the mixture has not been beaten thoroughly enough to get an emulsion.

This difficulty can be remedied by starting the preparation again. Use a clean bowl and a well-beaten egg yolk, and gradually beat in the curdled dressing. Once the mixture is thick and smooth, complete the preparation, adding the rest of the oil gradually.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 24, 1949

Plastic Curtains Are Attractive, Practical

URBANA -- Moderately priced and attractive, plastic curtains are the first choice of many homemakers who are looking for new window-decoration ideas.

The plastic styles range from gay kitchen and bathroom curtains to handsome draperies. But Miss Marion Kaeser, home furnishings specialist at the University of Illinois College of Agriculture, says there are some special features to look for when you buy plastic curtains.

Some plastic curtains are both mildew-proof and fire-proof. Try to get the mildew-proof type if you're buying for windows over the kitchen sink or in the bathroom where curtains are likely to get wet. Curtains that are nonflammable are a wise choice for the kitchen.

Of course an outstanding feature of almost all plastic curtains is that they are waterproof and can be washed simply by wiping them with a wet, soapy cloth. Other desirable qualities to look for are resistance to cracking and peeling. And you may find curtains that are sunfast; that means the color will be more lasting.

Home Freezer--Put It Where It's Handy

URBANA -- Two convenient places to put that new home freezer are a large pantry or a utility room if it is near the kitchen.

Perhaps you've thought about putting the freezer right in the kitchen. Frank Andrew, agricultural engineering specialist at the University of Illinois College of Agriculture, says the kitchen is a convenient location, but it has one drawback: It is often the warmest room in the house, and a freezer operates most economically in a cool room.

Another possible location is the basement. It should be dry and cool if the freezer is put there.

Andrew warns that it may be injurious to a freezer to put in on the back porch in winter. In some freezers, the temperature around the motor and compressor may get so low that the lubrication system in the unit will fail.

Soak Dishes for Easier Washing

Dishes come clean a lot more easily if they've been soaked before washing, as you've learned by experience. But sometimes it's hard to remember whether to soak utensils in hot or cold water.

Home management specialists, at the University of Illinois College of Agriculture, offer these general rules to go by: Hot water is best for soaking sugary and greasy dishes. Cold water should be used for dishes that held starchy food--cream sauce, etc. And lukewarm water is best for soaking dishes that held protein food--eggs, cheese, etc.

The first of these is the fact that the United States is a young nation, and its history is therefore a history of growth and development. The second is the fact that the United States is a large nation, and its history is therefore a history of expansion and conquest. The third is the fact that the United States is a diverse nation, and its history is therefore a history of conflict and compromise. The fourth is the fact that the United States is a nation of immigrants, and its history is therefore a history of assimilation and adaptation. The fifth is the fact that the United States is a nation of pioneers, and its history is therefore a history of exploration and discovery. The sixth is the fact that the United States is a nation of entrepreneurs, and its history is therefore a history of innovation and invention. The seventh is the fact that the United States is a nation of reformers, and its history is therefore a history of social and political change. The eighth is the fact that the United States is a nation of idealists, and its history is therefore a history of high aspirations and noble goals. The ninth is the fact that the United States is a nation of pragmatists, and its history is therefore a history of practical solutions and effective action. The tenth is the fact that the United States is a nation of optimists, and its history is therefore a history of hope and faith.

The history of the United States is a story of a nation that has grown from a small colony to a great power, a nation that has expanded its territory from the Atlantic to the Pacific, a nation that has fought for freedom and justice, a nation that has sought to improve the lives of its people, a nation that has dreamed of a better world. The history of the United States is a story of a nation that has been shaped by its people, a nation that has been built by its people, a nation that has been blessed by its people. The history of the United States is a story of a nation that has been a source of inspiration and hope for the world, a nation that has been a beacon of light in the darkness, a nation that has been a force for good in the world. The history of the United States is a story of a nation that has been a part of the human story, a nation that has been a part of the world's history, a nation that has been a part of the future.

THE HISTORY OF THE UNITED STATES

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 25, 1949

Cotton Fabrics--Check for Shrinkage

Urbana--Cotton fabrics are important in the family wardrobe, and home sewers are asking questions about shrinkage. Is it necessary to shrink materials that are labeled "sanforized"? Can fabrics marked "preshrunk" be depended upon not to shrink more when laundered?

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says that it is not necessary to shrink fabrics labeled "sanforized." The label guarantees less than one percent shrinkage. However, it is wise to shrink materials labeled "preshrunk" unless the label carries a guarantee of the amount of shrinkage to be expected. The term "preshrunk" when used alone gives no indication of how much the material will shrink when laundered.

To shrink cottons, first straighten the ends of the material by pulling a thread and cutting, or by tearing. Then soak the cloth in warm water until thoroughly wet. The length of time will vary, depending on the finish of the fabric. Squeeze out excess moisture without wringing or twisting.

Place the material on a dry sheet, smooth it out, roll, and leave it for about eight hours. Unroll the material and spread it out smoothly on a flat surface, making sure the grain is straight, both lengthwise and crosswise. When the material is dry, smooth out any wrinkles that remain by pressing with a hot iron on the lengthwise grain.

Dried Beans--360 Million Pounds of Them

Urbana--Our 1948 crop of dried beans added up to 360 million pounds. This big crop has put them on the plentiful list and has made them reasonable in price. They belong in market baskets and on family menus, and the problem is to keep them interesting.

New Englanders favor baked beans. South of the border folks want enchiladas. But here in the midwest we are unbounded by bean tradition, so let's make variety in preparation the password to interesting eating.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that dried beans are rich in protein and can serve as the main dish for lunch, dinner, or supper. They are at their best in texture when cooked slowly and when plenty of moisture is used.

Whatever the method of preparation, beans call for careful seasoning. Let them cook with a piece of salt pork or a ham bone. Tuck a peeled onion into the pot along with the beans. Or add tomato catsup and a very small amount of sage.

Another variation is Bean Scallop. Boil the beans until they are barely tender. Then layer them into a casserole with bits of bacon, sausage cakes or links of frankfurters. Add tomato juice as the liquid.

Baked beans make good sandwich filling when seasoned just right. Mash the beans and season them to taste with catsup, chopped pickle or pickle relish. Add a dash of mustard for extra zest, and spread the mixture on rye bread.

FOR RADIO ONLY

ILLINOIS HOME CALENDAR

WILL COUNTY Farm Youth Day, (today), Thursday, February 24, 1949, Joliet, Illinois, at 9 a.m. The meeting is sponsored by the business men of Joliet, and all 4-H Club members and prospective members are invited to attend.

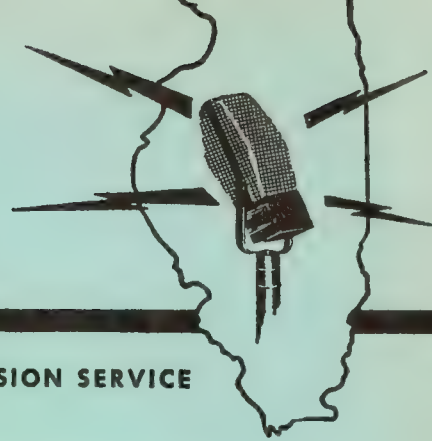
MACON COUNTY Home Bureau Local Leader-Training School Friday, February 25, 1949, Home Adviser's office, Decatur, Illinois, at 1 o'clock. The topic for the lesson is "Hard-Surfaced Floor Coverings," and Mrs. Helen Schilf, of the University of Illinois College of Agriculture extension staff will be in charge of the session.

AMERICAN MEDICAL ASSOCIATION
 PUBLISHED WEEKLY
 CHICAGO, ILL., U.S.A.
 Vol. 41, No. 1, January 1951

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 26, 1949

Milk--For Good Nutrition

Urbana--Plenty of milk should be the order for growing boys and girls, and for grown-ups too. One quart a day is the minimum amount recommended for children. For adults it's at least one pint a day.

Of course, the milk doesn't necessarily need to be taken as a beverage. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that milk can be served in so many different ways that even the person who says he doesn't like milk will get his quota.

Serving cream soups is one excellent way to put more milk into family menus. Cream of potato soup is always a favorite. Add a bit of onion for extra flavor, and garnish each serving with chopped parsley. Cream of tomato, cream of mushroom, cream of pea soup are all favorites.

Oyster stew as a main dish for supper or luncheon is both delicious and nutritious. Milk can often be added to casserole dishes, and scalloped vegetables. Desserts made with milk offer still other ways to add milk to the diet. Old-fashioned bread pudding, rice pudding, custards--these and many other desserts have milk as one of the main ingredients.

Rayon Lamp Shades--How to Clean

Urbana--Rayon lamp shades do not call for "pampering" and special treatment. But good care does pay dividends in longer wear, economy, and better appearance.

Frequent dusting with a clean cloth is a "must," especially during the winter months when heating equipment is going full blast. Then with a thorough cleaning twice each year they should be kept in condition.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says many rayon lamp shades can be washed, and without difficulty. However, before you attempt to wash a shade, make these two tests: First, find out whether soap and water will affect the color. Rub a white cloth moistened in soapy water over an inconspicuous spot on the material. If the color comes off, do not wash the shade.

The second test has to do with construction. If the fabric is glued or sewn to the frame, you may need to rip a section of the braid or binding to make the test. If the fabric is glued, it should not be washed. However, this type of shade can usually be dry-cleaned.

Once you've decided that your shade can be washed, follow these directions: Fill a tub with lukewarm water, and make plenty of suds with a mild soap (or a special soapless shampoo sold for such purposes). The water should completely cover the shade.

Dip the shade in and out of the suds, working quickly. Rub very soiled spots with a soft cloth or brush, being careful not to injure the fabric. Rinse thoroughly by dipping the shade in and out of clear soft water.

Wipe off excess moisture with a Turkish towel. Dry in a warm room--away from sunlight or direct heat. Turn the shade upside down from time to time during drying so that it will dry evenly.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 28, 1949

To Avoid Trouble--Check Prints, Stripes, and Plaids Before You Buy

Urbana--Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says some materials coming to market are not printed true--on the straight of the grain. Check before you buy and avoid sewing troubles.

Once you buy a material that is not printed true, there is little you can do--to correct it. Even though you straighten the grain, the design will remain crooked. As a result, it will be impossible to match the design and at the same time keep the grain straight. Skirts will not hang straight; sleeves and blouses will tend to twist and pull.

Stripes and plaids as well as prints call for careful selection--and for the same reason. Some stripes and plaids are woven, others are printed. The woven ones will be on the true grain. The printed materials may be on the straight of the grain, or they may be off-grain. Make it a rule to examine fabrics carefully before you buy, remembering that grain of material is of great importance to the finished garment.

Eggs--In Good Supply

Urbana--Eggs are in good supply the country over, according to marketing specialists of the U. S. Department of Agriculture. Let's make good use of them. They are easy to adapt to menu plans--for breakfast, lunch or dinner--and they are rich in nutritive values.

Smelt--A Good Buy at Fish Markets and Counters

Urbana--Smelt is arriving at our midwestern markets in quantity. The Fish and Wildlife Service of the Department of the Interior says the good supply should continue for several weeks. Prices are reasonable at present and probably will continue to decline as the supply comes in.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that there are many ways to cook and serve smelt. It is a perishable fish and calls for prompt use, but it is excellent in flavor.

One very popular way of preparing smelt is to roll it in flour, corn meal, or cracker meal, and fry in plenty of fat until a golden brown. Serve with a tartar sauce or with a pickle relish that has plenty of spirit.

Smelt also may be baked. Roll the fish in flour, place them in a shallow pan, and cover with slices of bacon or with minced bacon. Season and bake in a moderately hot oven--350-375° F--until a golden brown. Still another method is to layer the fish into a deep baking dish along with diced bacon, minced green peppers, tomatoes, and just a trace of onion. Top with buttered crumbs and bake until the smelts are tender and the crumb topping a golden brown.

Gas or Oil Heater--Use With Safety in Mind

Urbana--Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, warns that a gas or oil heater may use up the oxygen in a closed room. If you are using a heater, pay attention to ventilation--be sure you're getting some fresh air--and regularly. Don't let the heater rob you--and don't let it use up the oxygen you need for breathing.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 1, 1949

Peanut Butter--It's A Good Buy

URBANA--Last year's peanut crop was about 5 percent higher than the previous record crop harvested in 1942. That makes peanut butter abundant and a good buy. If you're keeping a watchful eye on the food budget, tuck a jar or two into your market basket occasionally.

Peanut butter sandwiches are favorites, and there are plenty of ways to vary them. Miss Frances Cook, food specialist, University of Illinois College of Agriculture, suggests that we mix crisp diced bacon with the peanut butter before we spread it on the bread. It's a good companion, too, for dried fruits--raisins, dates, and figs.

Use peanut butter as a variation in muffins, biscuits, or griddlecakes. You can add as much as 2 tablespoons to your regular recipe. Instead of old-fashioned cinnamon rolls, make peanut butter rolls. Soften the peanut butter by adding a portion of cream, spread it on the dough and roll it in the usual way.

Peanut butter can go into sauces for cottage pudding. Layer it into bread pudding as you prepare it, or fold a portion of peanut butter into old-fashioned rice pudding about 15 minutes before the end of the baking period. Use it as a filling for cookies, or spread it between layers of plain cake.

"Spot" Slip-covers Versus Lace Doilies

URBANA--Are you acquainted with "spot" slip-covers? Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says they are smart modern versions of the old-fashioned lace tidy. They give good protection to upholstered furniture.

Make "spot" slip-covers to protect the parts of your furniture that show soil readily--the head and arm rests. Select a fabric that is washable and one that closely matches the upholstery in color and texture. If you're having furniture reupholstered, it's a good plan to have a set of these tiny slip-covers made, using the same material.

If it is impossible to select material that matches the upholstery, then select one that harmonizes. If you want the "spot" covers to be inconspicuous, look for material that blends with the styling and coloring of the chair or sofa.

For decorative "spots," cut large floral motifs from a printed fabric. These should be used on plain upholstery only, however. Or, if you have a striped chair or sofa, use a plain fabric that matches one of the stripes for the "spot" slip-covers.

Potatoes--For Good Eating

URBANA--Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says mashing potatoes doesn't greatly lessen their food value. It's the way we cook them before mashing--whether we boil them in their skins or not--that counts most.

So start with potatoes cooked in their jackets--whether you serve them creamed, parslieed, mashed or hash-browned. If you peel them before boiling, you lose nutrients--especially vitamin C.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 2, 1949

Cutting Corners? Do It Safely

URBANA--Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, warns about "cutting corners." It's a habit that has a bad reputation for causing accidents. Of course, all of us like to save time and energy, especially in doing routine work. On the other hand, we should be able to distinguish between safe short-cuts and risky ones.

Here for instance, are a few risky ones--ones to avoid: running down the stairs, carrying too big a load either upstairs or down, leaving a mop or bucket on the basement stairs. Others that belong on the same list are reaching over a lighted stove burner, and clambering up on a rickety chair or ladder to reach something on the top shelf.

Let's save time and anergy, but let's do it safely. Accidents don't just happen! There is always a cause!

Milk--At Every Meal For Children

URBANA--Milk should be a basic food at every meal for children. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that it is the best source of calcium, the mineral needed for strong bones and good teeth.

Milk is also one of the best sources of riboflavin, a vitamin required by young and old. In addition it supplies a high-quality protein and many other important food values. At least one quart per day per child--used as a beverage and in cooked foods--should be the order.

Final Report

Project Name: [Project Name]

Date: [Date]

The purpose of this report is to provide a comprehensive overview of the project's progress, achievements, and challenges. This report will serve as a record of the project's activities and will be used to inform stakeholders of the project's status. The report will also provide a summary of the project's findings and recommendations.

The project has been completed successfully, and the results are as follows: [Results]. The project has achieved its objectives and has provided valuable insights into the [Topic]. The project has also identified several areas for improvement and has provided recommendations for future work.

Project Manager: [Name]

This report was prepared by the project team and is intended for the project sponsor and other stakeholders. It is not intended to be a substitute for professional advice or other expert input. The project team is responsible for the accuracy and completeness of the information provided in this report.

Leaders Needed--For 4-H Clubs

URBANA--March 5 to 13 is National 4-H Club Week. In Illinois, as in every other state, the drive will be on to recruit new members and to organize new clubs. Before a group of boys and girls can organize a club, they must have a leader.

Last year more than 7,000 local leaders, most of them mothers and dads--helped 50,000 Illinois boys and girls carry on their club work. This year more young people are interested. They want club work in their community. They are calling for leaders.

If you are willing to lead a club--willing to help the boys and girls in your community--don't wait to be invited. This is volunteer work. Contact your county home or farm adviser or your youth assistant. They will give you details of the program and help you organize your club and get project work under way.

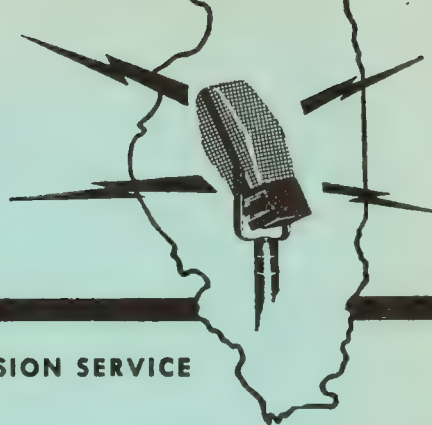
Four-H Clubs belong to boys and girls between the ages of ten and twenty who want to learn about farming and homemaking. But 4-H is more than that. It teaches young people to work and play together--which is the core of good citizenship. It helps to develop leadership among the generation which is growing up.

The 4-H Club is a strong organization--as it should be. More than ten million boys and girls from the 48 states, Alaska, Hawaii and Puerto Rico have been members of 4-H Clubs.

There are today 50,000 4-H members in Illinois. At the same time there are 200,000 potential members. Before they can organize, they must have leaders. Will you lend a hand--will you help the boys and girls in your community?

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 3, 1949

Cleaning Closet--Boon to Housework

URBANA -- If housecleaning "gets you down," check up on the way your cleaning equipment is stored. Chances are that a well-organized cleaning closet will help make the job a much easier one.

You can either buy a ready-built cabinet to serve this purpose or have the man of the house build one. Having it big enough is important. Miss Gladys Ward, home management specialist at the University of Illinois College of Agriculture, recommends these dimensions for the closet--7 feet high, 4 feet wide, 2 1/2 feet deep.

The inside arrangement of the closet should be planned to suit the equipment you'll store in it. Have several high shelves on one side. They're handy for cleaning supplies, cloths, etc. A deeper shelf near the bottom of the closet will be a good place to store the cleaning pail.

For storing big pieces--such as the vacuum cleaner and sweeper--leave one side completely open and free of shelves. And for hanging up the broom and mops, put in some screw hooks near the top of the closet. They can be put on the underside of a high shelf or at the back of the closet near the top.

You'll want brushes and such small pieces as whisk brooms where they can be reached easily. Put some hooks on the inside of the door for them.

Public Policy

Public Policy is a course that explores the role of government in society and the impact of public policy on the economy and the environment.

The course is designed to provide students with a comprehensive understanding of public policy and its impact on society.

Course Objectives

By the end of the course, students should be able to:

- 1. Understand the role of government in society and the impact of public policy on the economy and the environment.
- 2. Analyze the impact of public policy on the economy and the environment.
- 3. Evaluate the effectiveness of public policy.
- 4. Identify the key actors in the public policy process.
- 5. Understand the role of the media in the public policy process.
- 6. Understand the role of the courts in the public policy process.
- 7. Understand the role of the legislature in the public policy process.
- 8. Understand the role of the executive branch in the public policy process.
- 9. Understand the role of the judiciary in the public policy process.
- 10. Understand the role of the public in the public policy process.

Dr. [Name]

This course is designed to provide students with a comprehensive understanding of public policy and its impact on society. The course is divided into several sections, each focusing on a different aspect of public policy. The first section focuses on the role of government in society and the impact of public policy on the economy and the environment. The second section focuses on the impact of public policy on the economy and the environment. The third section focuses on the effectiveness of public policy. The fourth section focuses on the key actors in the public policy process. The fifth section focuses on the role of the media in the public policy process. The sixth section focuses on the role of the courts in the public policy process. The seventh section focuses on the role of the legislature in the public policy process. The eighth section focuses on the role of the executive branch in the public policy process. The ninth section focuses on the role of the judiciary in the public policy process. The tenth section focuses on the role of the public in the public policy process.

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"Spring Look" for Suits Is Feminine

URBANA -- Suits that are feminine in a sophisticated way will lead the Easter Parade this spring.

For women who want to know what to watch for on their suit-shopping tours, here are some features pointed out by Miss Doris Brockway. She is in the Home Economics Department at the University of Illinois College of Agriculture.

First among highlights worth noting is the beautiful detail which shows up on the pockets and collars and in the seam construction of jackets. Collars of the roll or shawl variety, cut as part of the jacket, are popular. Cuffs appear on many jackets and tie in with the eye-catching detail on collars.

Jacket styles range from the semitailored to the flared boxy type that can be worn belted or unbelted. And contrast is given emphasis on jackets by use of different colors or fabrics for collars and cuffs. Frequently stripes or checks are contrasted with solid colors.

Skirts are slightly straighter. And generally they are not quite so long as they were last season.

Three-piece suits will be seen more often this spring. Some suits and coats are matched. Others are in contrasting colors. And some ensembles feature contrast through the use of checks, stripes, or plaids.

Take Advantage of Big Onion Crop

URBANA -- The biggest crop of onions since 1945 is on the market now. That's the report from Lee A. Somers, vegetable crops specialist, University of Illinois College of Agriculture. Homemakers can take advantage of this bountiful supply by serving onions often. And a hearty cream soup that blends onions and potatoes is one of the best luncheon or supper dishes for using this vegetable.

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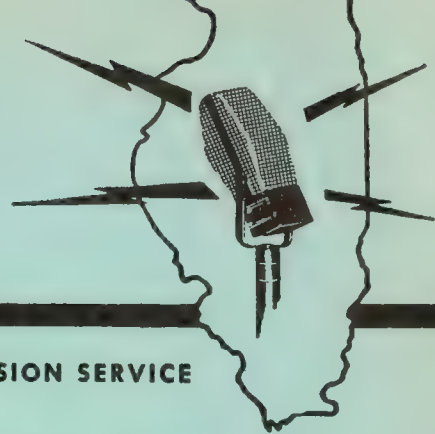
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 4, 1949

Fruits and Vegetables for Freezing--Here's How to Select

Urbana--It is important to grow the best varieties of fruits and vegetables for freezing, and the selection of the seed or plant is the starting point. However, most catalogs list so many varieties that the home gardener becomes confused.

Professor Lee A. Somers, Department of Horticulture, University of Illinois College of Agriculture, reminds us that it is no longer necessary to use the old trial-and-error method in buying seeds and plants. The information is readily available. Highly trained and skillful scientists have studied every phase of varietal adaptation to freezing.

The University of Illinois pamphlet, Varieties of Vegetables and Fruits for Freezing--just off the press--is a first-rate guide. Professor Somers lists more than thirty different varieties of vegetables, fruits and berries suitable for freezing. His recommendations are based, first of all, on research reports. In addition he has talked with owners of home freezer units and managers and patrons of cold storage lockers.

For your copy of the pamphlet, Varieties of Vegetables and Fruits for Freezing, write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

Radio News

Special Announcement - Important News

See the new Radio News

The Radio News of the World

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Lake Herring--For Lenten Menus

Urbana--There will be ample fish variety to keep Lenten menus interesting and easy to plan. That's the word this week from the Fish and Wildlife Service of the United States Department of the Interior. Lake herring stands near the top of the list. Large supplies are available, and at very attractive prices.

Along with the herring there is a good supply of whitefish in most midwest markets. The price on smelt is dropping, and many markets have choicer smelt available than they have had in the last 4 years. There is lake trout too, but the supply is low, keeping the price in the higher bracket.

On the frozen side of the fish market, there is plenty of shrimp. It can do double duty for fresh shrimp. The supply of shucked oysters is fair. Other frozen fish--cod fillets, haddock, rose fish (ocean perch) and whiting--are still in good supply, and prices remain reasonable.

Ice Cream for Dessert--Vary the Dress

Urbana--Ice cream is a popular dessert and a nutritious one. However, it can become tiresome if we serve it too often "as is" or in the same fancy dress.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that ice cream is not "style-bound." With a bit of ingenuity on the part of the cook, it can be served in dozens of ways--and all ways that call for little preparation.

Mild-flavored honeys make excellent toppings for ice-cream sundaes. Hot maple syrup and hot fruit syrups--made from the canned or frozen fruits--add good flavor and color.

Layer chopped candied cherries and nuts in the serving dishes along with vanilla ice cream. Chocolate bits or shaved chocolate can be used in the same way. Don't forget your supply of home-made jams and jellies when you serve ice cream. They are fine as a topping or to use in preparing parfaits or sodas.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 5, 1949

Your Child--Learning to Feed Himself Is Difficult

Urbana--You, as an adult, have little difficulty in eating--in feeding yourself. It's a different story, however, with your young child. Spoons, forks, glasses, and plates--everything that has to do with the business of eating--seems to give him trouble.

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says the chief reason a young child has difficulty is because we won't let him use his fingers. He needs help and there are several ways we grown-ups can help him.

First of all, let him help feed himself as soon as he is interested. Forget about the mess he makes. Give him the right kind of equipment to work with, and be sure it's the size he can handle.

Learning to hold a spoon and get food into his mouth is difficult at first. If he is free to experiment, he usually turns the spoon over, losing most of the food before it reaches his mouth. But he will gradually learn if you give him time and if you have patience and are really interested in his accomplishments. Feeding himself is a serious business, and it requires concentration.

Sitting still is difficult for him too. Sometimes he gets tired and sleepy before the meal is over. At first you may have to feed him toward the end of the meal in order not to make the eating period too long. It is usually not a good plan for him to eat with the family until he's older than 2 or 3 years. He is so easily distracted, forgets what he's doing and gets so tired. He will like being with the family, but he won't get much food eaten.

Radio News

Published by the Radio News Company, 1000 Broadway, New York, N. Y.

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THE RADIO NEWS COMPANY

The Radio News Company is a corporation organized under the laws of the State of New York. Its principal office is located at 1000 Broadway, New York, N. Y. The company is engaged in the publication of a weekly newspaper, the Radio News, which is distributed to its subscribers by mail. The company also operates a radio station, W. J. R. N., which broadcasts the news and other programs to its listeners.

The Radio News Company is a member of the National Association of Broadcasters. It is also a member of the Radio News Association, which is a national organization of radio news organizations. The company is committed to providing its subscribers and listeners with the most accurate and timely news available. It also provides a variety of other programs, including sports, entertainment, and educational programs. The company is dedicated to serving the needs of its audience and to providing them with the highest quality news and information.

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Spring--And Children Playing in the Streets

Urbana--March seems to bring tricycles and marbles and hopscotch into the streets. Children do not always obey safety rules. Their play becomes so all important that they forget time and place.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, calls our attention to our responsibility. We must think--not only for ourselves, but also for children who may thoughtlessly disobey safety rules.

When driving near homes and near schools, let's make it a rule to watch out for children. Be extracautious during the late afternoon and evening, when visibility is poor. Keep speed low at all times, and be prepared to stop in time to save a child's life.

Cheese Ideas--Try These

Urbana--Muffins or biscuits don a new air and a new flavor when they're dressed up with cheese. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to add half a cup of grated cheese to the sifted dry ingredients of your regular biscuit or muffin recipe.

Cheese is a good idea, too, when you want to add extra flavor to pie crust. Roll the pastry as usual, sprinkle it generously with grated cheese and pat or roll the cheese into the dough. Or, if you prefer, sprinkle the cheese over the bottom crust after you have it in the pan.

Cheese is a good idea for vegetable sauces. Add it to cream sauce for onions, potatoes, carrots, green beans, and cabbage. One-half cup of grated cheese blended into the sauce before the vegetables are added gives good flavor and steps up the food value.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 7, 1949

Washdays--How to Make Them Easier

Urbana--What makes laundry work so tiring? How can it be made easier--how can the required time and energy be reduced? These are questions which many homemakers, especially those living on farms, are pondering. Of course, piped water and electric power are the greatest helps, but these are not yet a part of many rural homes in Illinois.

Even where equipment is limited, a great deal of the drudgery can be taken out of washday. Home management specialists, University of Illinois College of Agriculture, say homemade devices and better management will help.

For example, handling the wash water can be made easier by using a little thought and ingenuity. Why not let the water lift and carry itself? A siphon made from a short piece of hose can carry the wash water from tub to a bucket. Having the bucket on a stool or box eliminates stooping.

To carry hot water from the boiler to the machine or tub, use a hose attached to a faucet in the end of the boiler near the bottom. A boiler with such a faucet can be bought in many markets. Or a faucet can be attached to an old boiler by a tinsmith or plumber, if a member of the family cannot do it.

If water is piped to the laundry room, it can be run directly to the boiler, washer, or tub through a hose attached to the faucet. Both faucet and hose should be fitted with threads to keep the hose from slipping.

To carry water from the kitchen pump to the wash tubs, one Illinois homemaker used an inner tube which was large enough to fit over the pump spout. A trough may also be used for this purpose by attaching a wire or rope loop to support it at the pump.

Radio News

Published by the Radio News Company, 1000 Broadway, New York, N. Y.

Subscription price, \$5.00 per year in advance.

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Canned Corn--For Quick Meals

Urbana--If you're on the hunt for a quick meal stand-by, canned corn is an excellent choice. Your grocer has a plentiful supply, and it's a good team mate for any number of popular foods.

Corn and egg scramble, or sqaw corn as westeners call it, is a good meal-in-a-dish combination for either lunch or supper. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we add a bit of diced bacon for extra flavor.

To prepare four or five generous servings of corn and egg scramble, dice two or three slices of bacon and brown them lightly in a frying pan. Beat four or five eggs slightly, season to taste with salt and pepper, and add 1 can--about 2 cups--of whole kernel corn. Turn the mixture into the frying pan, and cook over low heat until the eggs are set. Send to the table with hot biscuits, rolls, or golden brown toast 'longside.

Canned corn--either whole kernel or cream style--can be used to good advantage in casserole combinations. Layer it into a baking dish with tomatoes and a bit of minced onion and green pepper. Top with grated cheese or diced bacon. Cook at 350° F. until the ingredients are thoroughly heated and the topping lightly browned.

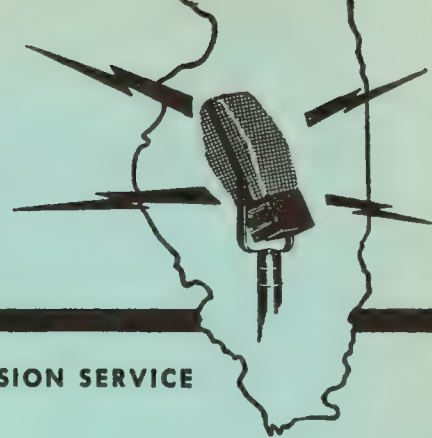
Corn and green beans make another favorite combination. Prepare them top-o-range fashion or use your oven. Combine them measure for measure, using only a portion of the liquid. For extra flavor, add minced onion, simmered lightly in bacon fat.

Corn plus sausage makes another delightful combination. Fry the sausage cakes until well browned and layer them into a shallow baking dish along with the corn. Bake--covered--at 350° F until the sausage is thoroughly cooked and the corn piping hot--about one-half hour.

JEH:lk
3/2/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 8, 1949

Iowa Farm Women Tour Illinois

Urbana--"Hi, Neighbors" is the theme of 37 Iowa farm women who are touring Illinois this week. The women decided to go on tour after their husbands made a trip to Europe last year. They too wanted to see what was going on in other areas.

Arriving in southern Illinois on Wednesday, March 9, the women will travel through the orchard and daffodil area around Anna. They will stop at the University of Illinois Experiment Station at Dixon Springs. Oil fields and historical spots, such as the old state house at Vandalia, are some other points of interest which the women will visit.

Springfield will be the last stop for the women when their tour ends on Sunday. They plan to visit the Lincoln shrines and other points of interest in the Capitol City. Miss Catherine Sullivan, home management specialist, University of Illinois College of Agriculture, will join the group at Vincennes, Indiana, and serve as a tour guide for the rest of the trip.

The women are also spending some time visiting points of interest in Missouri, Indiana, Kentucky and Tennessee.

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Report

1. Introduction

The purpose of this report is to provide a comprehensive overview of the project's progress and results. The report is organized into several sections, each detailing a specific aspect of the project. The first section, 'Introduction', provides a brief overview of the project's goals and objectives. The second section, 'Methodology', describes the research methods and data collection techniques used. The third section, 'Results', presents the findings of the study, including statistical analysis and graphical representations. The fourth section, 'Discussion', interprets the results and discusses their implications. The final section, 'Conclusion', summarizes the key findings and provides recommendations for future research.

The data collected during the project was analyzed using statistical software, and the results were compared to previous studies. The findings indicate that there is a significant correlation between the variables studied, and this suggests that the hypothesis was supported. However, there are some limitations to the study, and further research is needed to confirm these results. The report concludes by highlighting the importance of the findings and providing suggestions for future work.

Peanut Butter--For Lenten Menus

Urbana--Peanut butter is a budget-wise idea for Lenten menus. It provides good-quality protein, and it is on grocers' plentiful lists the country over. There are dozens of ways it can be used for either luncheon or supper.

Food specialists at the University of Illinois College of Agriculture suggest adding peanut butter to the sauce you use in preparing rice or macaroni. For a tasty salad, try it with dates, pineapple, raisins or dried prunes. Moisten the fruit mixture by adding fruit juices or a tart dressing.

Peanut butter is fine blended with cream cheese. Serve it on shredded cabbage, and you'll have a trio of plentiful foods in one offering. Peanut butter, hard-cooked eggs and chopped raw vegetables make another salad combination that is hearty, satisfying, and easy to prepare.

If you're buying an extra supply of peanut butter for Lent, you won't have to give it refrigerator space. Just keep it well covered, store it in a cool place and stir it occasionally to prevent it from drying out.

Plentiful Vegetables--Use Them Often

Urbana--Carrots and Irish potatoes are the two vegetables expected to be in abundant supply for the next 10 days, according to the U. S. Department of Agriculture.

Most of the carrots will be young and tender ones from the new crop in Texas, Arizona, and California. They will sell in bunches with the tops on. But the supply also includes some loose carrots. These will be priced lower than the new crop. Quality ones will be budget-buys.

FOR RADIO ONLY

FOR RELEASE TUESDAY, MARCH 8, 1949

Home Calendar

PIATT COUNTY 4-H Club Rally Wednesday, March 9, 1949, at 7:30 p.m., Monticello High School Auditorium, Monticello, Illinois. Recreation will be led by 4-H Club members.

STARK COUNTY 4-H Club Rally Friday, March 11, 1949, 7:00 p.m. at the Wyoming High School Gymnasium, Wyoming, Illinois.

McDONOUGH COUNTY 4-H Club Rally, Friday, March 11, 1949, 7:30 p.m. at the Macomb Junior High School, Macomb, Illinois.

RICHLAND COUNTY Livestock and Poultry Management Meeting Friday, March 11, 1949, at 1:30 p.m. at the Farm Bureau Building, Olney, Illinois. G. R. Carlisle and S. F. Ridlen of the Animal Science Department, University of Illinois College of Agriculture will conduct the meeting.

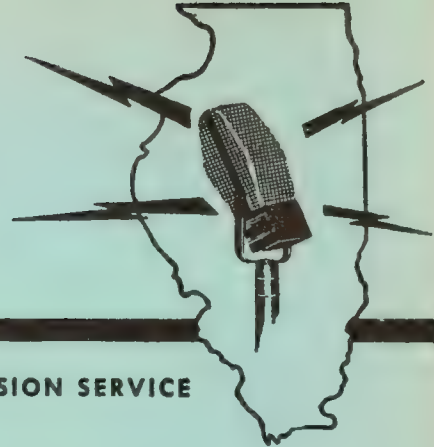
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The American Medical Association is a non-profit corporation organized for the purpose of promoting the interests of the medical profession and the public. It is organized into a national association and a number of local associations. The national association is organized into a number of departments, each of which is responsible for a particular function. The departments are: the Department of Education, the Department of Legislation, the Department of Public Relations, the Department of Research, the Department of Statistics, the Department of Training, and the Department of Welfare. The Department of Education is responsible for the education of medical students and residents. The Department of Legislation is responsible for the enactment of laws and regulations that affect the medical profession. The Department of Public Relations is responsible for the promotion of the medical profession and the public. The Department of Research is responsible for the conduct of research in the medical sciences. The Department of Statistics is responsible for the collection and analysis of data. The Department of Training is responsible for the training of medical students and residents. The Department of Welfare is responsible for the welfare of the medical profession and the public.

Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 9, 1949

Your Washing Machine--Guard Against Trouble.

Urbana--Give your washing machine good care if you want it to give you good service. That's the word from Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. The first step in good care is to guard against unnecessary wear and tear.

Check the machine occasionally from top to bottom to see that all bolts and screws in the frame are tight. Then make it a rule to oil it regularly. Follow the manufacturer's directions for oiling. If you have lost the directions, send for another copy.

The manufacturer's directions usually tell how much to oil the machine for use once a week. If you wash oftener, or if your washings are unusually large, you may need to oil more often. Follow the directions to the letter on when, where, and how much to oil, and what kind of oil to use. Too much oil or the wrong kind is just as harmful as too little.

Take care not to spill oil on any rubber parts. Oil ruins rubber. If by accident oil does get on rubber, remove it at once with soap and water. Then rinse in clear water and dry with a soft cloth. If the washer gets tipped and oil is spilled from around the gears, call a service man. Have him check the machine and replace spilled oil as needed. DO NOT ATTEMPT TO USE IT UNTIL IT HAS BEEN CHECKED.

Sauces--For Fish

Urbana--Fish is one of the foods that usually does not stand well alone. It needs some seasoning to make it fully enjoyable. On the other hand, we should remember not to overseason and mask it's delicate flavor.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests a melted butter sauce for broiled fish steaks and fillets or for steamed or poached fish. Season it with a bit of minced onion and about 1 teaspoon of grated lemon rind. Serve the fish with lemon wedges or slices 'longside.

Mock Tartare Sauce is delicious with halibut, cod, and whiting, and it's quick to make. Use mayonnaise as the base, and add pickle relish to taste. Or, if you prefer, add finely chopped pickles and olives and a dash of mustard or a sprinkling of cayenne.

Seasoning may be added during the cooking. Then, if you wish, the sauce may be omitted at serving time. Fish poached in tomato sauce, lemon butter, or olive oil seasoned with herbs is delightful. Parsley, tarragon, dill, and chevril are all good team mates for most varieties of fish.

Rug Repair--Thread To Use

Urbana--Carpet and rug repair seems to march right along with spring housecleaning. Some of the mending jobs are tedious and a little hard to do, but in the end they're worth the effort. Floor coverings take a large slice of the family budget when they have to be replaced.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says linen thread is best to use in repairing rugs and carpets. It is stronger than ordinary thread and, if you're going to take the time to do the work, you want it to last.

As a rule you can buy the linen thread by the spool or skein at rug or upholstery shops, or in the art or notion departments of the larger stores. If the stitches will show on the right side, choose a color that matches the carpet. If most of the stitches will be on the back of the rug, a neutral tan is a good color to use.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 10, 1949

Spring Rayons Will Take to Tub

URBANA--A good many rayons this spring are tubbable. And some have a crease-resistant finish that makes them less of an ironing problem.

This good news for home sewers is reported by Miss Dorothy Durrell, who is on the staff of the Department of Home Economics, University of Illinois College of Agriculture. She recommends that you find out whether material has these qualities before you buy it. The label on the bolt may tell you. If not, ask the salesperson.

Buy early. That's another suggestion from Miss Durrell. She explains that the selection is usually largest at the start of the season.

If you like colorful things, there's more good news about rayons. Materials are available in many colors this season. Rayon butcher linen, for instance, is coming out in about 30 different colors. There are plain pastel shantung and broadcloths as well as a variety of prints.

Rayon materials of different weights are on the market too. Butcher linen is being made in three weights, ranging from a heavy kind for suits to a lighter fabric for dresses.

Gabardines that are lighter in weight than usual are also on the market. These are finer than rayon gabardine has been in the past, and they are firm.

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Recognize 4-H Girls for New Records

URBANA--With an all-time-high membership of 25,503 in 1948, Illinois 4-H girls had a record-breaking year. And they're being recognized during National 4-H Club Week, which started last Saturday and ends Monday.

It was a mighty busy year for the 4-H girls too. More than 50 percent of them were enrolled in clothing projects. And they made hundreds of good-looking dresses and other garments.

Food project work attracted many of the 4-H'ers. More than a third were enrolled in this phase of the program. They learned cooking methods and nutrition through studying such subjects as "Use of Fruits and Vegetables," "Cookies," "Dairy Foods," and "Outdoor Meals."

More than a thousand girls tried their hands at interior decorating by carrying the room improvement project.

The age range for 4-H girls is from 10 to 21 years. Here in Illinois most of them are from 10 to 16 years old. The largest group is the 12-year-olds with 4,678 members.

Sauce Dresses Up Lenten Dishes

A sauce with lots of flavor can do a great deal for a simple lenten dish such as macaroni loaf, and Cheese-Tomato Sauce is a good one to use. Mrs. Pearl Janssen of the Department of Home Economics, University of Illinois College of Agriculture, recommends it.

Pour a can of condensed tomato soup into a saucepan, and add 2 cups of grated cheese. Put the mixture over low heat or over boiling water. Stir until the cheese is melted. Serve immediately.

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 11, 1949

Your Gloves--Select Them Carefully, Treat Them Right

URBANA--Spring wardrobes usually call for new gloves. Quality ones, smart in design and right in color, are in the top price bracket. Careful selection and good care will increase their span of service.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says that too often gloves are bought "on the run." It pays to take time to give attention to material and workmanship as well as to style and color. Likewise it pays to take time to have gloves fitted.

When gloves are to match a dress or costume, or to contrast with it, don't guess at the color or shade. Take a sample of the material with you on your shopping trip.

Before you make your purchase, check to see what kind of care the gloves will need to keep them neat and trim. Some gloves can be washed, others must be dry-cleaned. Estimate the cost of upkeep along with the purchase price.

Do not try to wash a pair of leather gloves unless they are marked "washable" on the label or on the inside of the glove. Keep the washing directions recommended by the manufacturer. He is the only one who knows exactly the way the leather in the gloves has been treated. Therefore his directions are likely to be better than general directions for washing gloves.

Carrots--For Good Health and Good Eating

URBANA--There are reasons aplenty for serving carrots these March days. The topped ones are in good supply in many local markets, and the price is reasonable. The new crop is on its way from the southwest. In addition to contributing vitamins and minerals, carrots lend a brilliant note of color to any menu.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests Panned Carrots as a "quickie" from kitchen to table. Cut the carrots in thin strips, and place them in a frying pan with a small amount of butter or bacon fat. Cover and cook them slowly until they're barely tender. Do not overcook, as it robs them of both flavor and texture. Season to taste with salt and pepper, and send them to the table pronto.

For variety in flavor, tuck a few thinly sliced onions into the frying pan with the carrots. Or, just before serving, sprinkle them lightly with lemon juice and a bit of grated lemon rind. Add chopped parsley for good color contrast.

Wool Garments--Give Them A Good Airing

URBANA--Wool garments call for a special airing after a season of hard wear. Bright, crisp March days are prime for hanging clothing out of doors in the sun for a short time.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says to take time to prepare the garments for airing. Turn the collars up, trouser cuffs down, and pockets inside out for a thorough brushing.

The day-by-day brushing seldom reaches the dust that lodges in the fold between the lining and hem in coats, and in the seams and creases of pleats. In these tiny dirt and lint pockets, moths will set up housekeeping at the first opportunity.

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Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 12, 1949

Carrying Box--For Transporting Frozen Foods

URBANA--Quick freezing is important for fruits and vegetables. If you are planning to transport foods from your kitchen to a locker plant, you'll need an insulated box for carrying them. Now, ahead of the food preservation season, is a good time to make one.

Specialists of the U. S. Department of Agriculture, say a good carrying box can be constructed at home--and easily. One method is to set a carton inside a large one. Fill the space between the cartons with shredded paper or excelsior.

Seal the edges of the box with gummed paper, and use wooden strips or slats to strengthen and hold the box off the floor. Use several layers of corrugated paper for the lid, and fasten them together with gummed strips of paper.

Or, if you prefer, use two wooden boxes or two tins containers. Select ones that will allow 3 or 4 inches of space for insulation when they are placed together. Insulate the top with an excelsior pad or one filled with shredded paper.

Washing Wool? Use Mild Soap

URBANA--Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says when you wash wools to use plenty of neutral soap and put it into the water before you add the garments. Strong caustic soaps harden the wool fiber.

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Your Hat--Refurbish Last Year's Model

URBANA--Easter bonnets will be on parade very soon. Before you decide that you just must have a new hat, why not check last year's model? It is surprising how a thorough brushing and a new veil or feather will improve it.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says good-quality felt has many possibilities. If it is a bit wrinkled or flattened from storage, steam-pressing will freshen it.

The first step in refurbishing is to remove the trimming, including the hat band, and then brush the hat thoroughly. Then go over the felt carefully with a cloth lightly moistened in nonflammable dry-cleaner. Clean the head band thoroughly, or remove it if it needs to be replaced.

Note the shape of the hat--both the brim and the crown--before you start the steam-pressing job. Flat parts should be pressed flat, shaped ones should be pressed to retain their original shape. Press the surface of the felt with a press cloth, using a "warm" iron only and a small amount of moisture. Press by lifting and placing the iron rather than by smoothing it over the surface.

Put the crown over a small bowl--padded to fit if necessary--and steam-press the sides and top. Some felts can be reshaped by holding them in the steam of a teakettle until pliable and then re-shaping with the fingers.

Many straws can be refurbished in the same way as felts. Only mild heat should be applied, however, in order not to injure the straw. Hats that have lost their stiffness can sometimes be restiffened. Straw stiffeners can be purchased at notion counters in some department stores. Some drug stores also carry the product.

Veils that are limp and lifeless can sometimes be restiffened. Press the veil between pieces of wax paper, using a "warm" iron only. Some veils are made of acetate rayon and a hot iron will melt them.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 14, 1949

Your Neckline--How Does It Look?

URBANA--Is the neckline of your coat or suit immaculate? Or does the powder line show? An often-neglected point on women's garments is the neckline.

Powder and the residue from face creams and powder bases work into collars and neckbands. Unless these particles are removed--and regularly--they go deeper into the fabric and tend to injure it. That's the warning from Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture. Also, when they mix with oil from the skin and dirt and grime from the street, they make an unsightly line.

A few extra strokes of the brush after each wearing will mean better grooming for you and a longer life for the garment. If the collar or neckline still has a grayed appearance after brushing, try this trick: Use a damp cloth or sponge and go over it lightly. This will usually freshen it and raise the nap.

Or, if you prefer, sponge the soiled line with a cloth moistened lightly in a nonflammable dry-cleaner. Be sure to select a dry-cleaner that is nonflammable. Don't take chances; the products should be clearly marked. Then work carefully, choosing a spot that has good ventilation.

Turnips--Plentiful and Good

URBANA--Turnips are just turnips to most homemakers, unless they are interested in making them attractive. At present many local markets have a supply of good-quality yellow turnips or rutabagas. They deserve an occasional place in family menus.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests Ragout of Turnips. To prepare them, simmer 1 small minced onion in about 2 tablespoons of butter or bacon drippings. Add 2 cups of diced turnips and simmer gently for five minutes..

Add 1/2 cup of stock--use bouillon cubes if necessary. Cover the utensil and cook at low temperature until the turnips are tender. Sprinkle lightly with lemon juice and minced parsley, and serve promptly. AVOID OVERCOOKING THE TURNIPS, AS IT TENDS TO DEVELOP A STRONG FLAVOR.

Buying A New Washing Machine? Check These Points

URBANA--Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to be sure to check your electric system before you buy a new washing machine. The machine should be one that is designed for your system.

Check the voltage and the kind of current--whether alternating or direct. If it is alternating, find out the number of cycles. The name plate on the motor states the kind of current.

If you move to a new home, be sure the current in your house is right for your machine. If it is not, you will have to change the motor.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 15, 1949

Eggs--Good For Lenten Meals

Urbana--Eggs are versatile, and always good when sufficient thought and care go into their preparation. While most of us consider them year-round fare for breakfast, they hold the spotlight for other meals during the Lenten season.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends Poached Eggs with Tomato-Cheese Sauce for either lunch or supper. In order to make quick work of the preparation, use canned tomato soup as the base for the sauce.

Poach as many eggs as required--depending on number of servings and family appetites. Heat the soup over hot water, adding milk or cream as necessary to thin it. Blend in grated or diced American cheese--about one-half cup of cheese for every two cups of soup.

Place the eggs in individual baking dishes, or in a large, shallow baking dish. Pour the sauce over the eggs, top with buttered crumbs and brown lightly under the broiler. GUARD AGAINST OVERCOOKING. Serve "as is" or on crisp buttered toast.

Food Preservation Time Near--Check Pressure Canner

Urbana--Before many weeks roll by, fresh asparagus will be coming to market. The early crop is usually considered best for canning. Now is the logical time to check your pressure canner and to make any needed repairs.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says one of the first steps toward keeping your pressure canner in condition is to read the directions that came with it. If you have lost the directions, write to the manufacturer for another copy. Whether your canner is new or old, you'll need the directions to check the equipment thoroughly now, and you'll want to refer to them from time to time throughout the season.

One of the most important points to check is the pressure gage. If it is the dial-faced or slide type, have it checked against a master gage or a maximum thermometer. County home advisers, home service agents or stores selling the equipment may have master gages or other devices to check your pressure gage.

Or, if you prefer, write the manufacturer of your canner, requesting him to check the gage for you. He may ask you to send only the gage, or he may suggest returning the entire cover. In either case, pack the equipment carefully. The pressure gage is a delicate instrument and needs to be safeguarded in shipping.

If your canner has a rubber gasket, examine it thoroughly. If it does not give a perfect seal in its original position, you may be able to turn it upside down. Or it may be necessary to order a new gasket from the manufacturer.

Aluminum or tinned-steel canners may have an odor after being stored. To get rid of the odor or taste, put water in the canner to a 1-inch level and heat for 10 or 15 minutes at 15 pounds' pressure. Cool and wash in hot, soapy water; then rinse and dry. Leave open to air.

Home Calendar

STARK COUNTY Party for farm and home bureau members Wednesday, March 16, 1949, 7 p.m. at the Wyoming High School gymnasium, Wyoming, Ill. Duke Regnier, Rural Sociologist, University of Illinois College of Agriculture, will be in charge of the recreation. A box social is scheduled, and the proceeds will be used to pay for redecorating the farm bureau rooms and as a contribution to the 4-H Camp fund.

WAPASH COUNTY 4-H Club Rally Friday, March 18, 1949, 8 p.m., at the Mt. Carmel, Gymnasium, Mt. Carmel, Ill. Herb Deason of the state 4-H Club staff will be one hand to assist with the program.

MACON COUNTY Rural Youth Banquet, Saturday, March 19, 1949, 6:30 p.m. at the High School Building, Warrensburg, Illinois. A special program has been planned, with both social and square dancing.

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that proper record-keeping is essential for the company's financial health and for providing reliable information to stakeholders. The document also outlines the specific procedures for recording transactions, including the use of standardized forms and the requirement for double-checking entries.

In the second part, the document addresses the issue of budgeting and financial planning. It states that a well-defined budget is crucial for the company to achieve its long-term goals and to manage its resources effectively. The document provides a detailed overview of the budgeting process, from the initial identification of needs to the final approval of the budget. It also includes a section on how to monitor and adjust the budget as needed.

Conclusion

The document concludes by reiterating the importance of these financial practices for the company's success. It encourages all employees to adhere to the guidelines provided and to take responsibility for their own financial reporting. The document also mentions that a comprehensive training program will be implemented to ensure that all staff are fully equipped to handle their financial duties.

Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 16, 1949

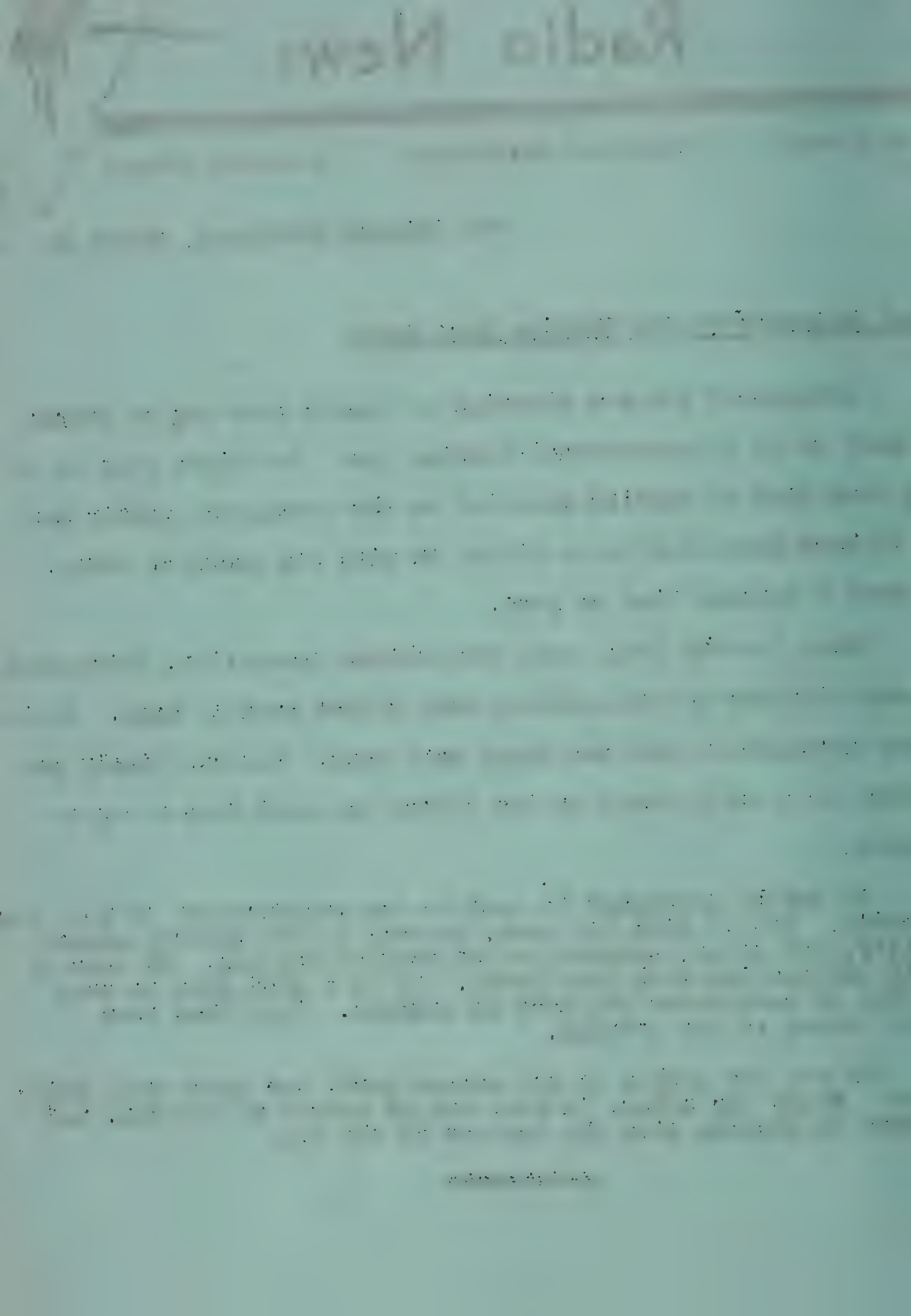
Rugs and Carpets--Yarn for Mending Bare Spots

Urbana--If you are planning to repair your rug or carpet you'll want to do a professional-looking job. The first step is to get the same kind of mending material as the commercial repair man uses. If bare spots are to be filled in with new loops or tufts, you'll need a special kind of yarn.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says carpet yarn is best. It is firm, has springiness, and can stand hard wear. You can likely get a few yards or a small skein in the colors you need from a rug or carpet shop.

It may be necessary to send to the manufacturer of your rug for material. You'll find his name, as well as the pattern number, rug quality, and color, stamped on the back of the rug. Be sure to send this information with your order. It is a good plan to send a few tufts of each color you need as samples. Pull them from scattered places in the selvage.

If you are unable to get carpet yarn, use harsh wool knitting yarn. Match the colors in your rug as nearly as you can, and select yarn in keeping with the texture of the rug.



Rayon Garments--Ironing Tips

Urbana--Miss Florence King, textile and clothing specialist, University of Illinois College of Agriculture, says rayon should not be ironed when it is too wet. This tends to dry the fabric too suddenly, and hard sharp lines will appear at the hem and on collars and cuffs. It also causes the fabric to stretch and flatten.

Let rayon dry naturally away from direct heat until it is of an even, slight dampness. Then iron it. If it is allowed to dry until it has been sprinkled, water spots are likely to appear.

Iron rayon garments on the wrong side and with a "cool" iron. If your iron does not have a control, test the temperature in an inconspicuous place on the wrong side of the garment. Too hot an iron can do serious damage to all rayons, and especially to acetate rayon.

If there are parts of the garment that must be set on the right side--pleats for example--iron the garment on the wrong side first. Then press the pleats on the right side, using a press cloth to protect the surface. Ironing rayon on the right side--without a press cloth--destroys the texture of the fabric and causes "iron" shine.

Safety--It's Always in Style

Urbana--Work clothes that are neat and smart in appearance are always in order. However, they should be selected with safety in mind. Many accidents can be traced directly to improper clothing.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says low heels are not always so flattering as high ones, but they are safer around the home. Falls account for more home accidents than any other one thing.

Long, loose sleeves may be pretty, but they should be suited to the occasion. They are just the thing to catch fire from a stove burner or to tangle in the wringer. Loose cuffs, baggy pockets, and skirts that are too full and too long are other potential hazards.

JEH:jd
3/10/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 17, 1949

Plan for Plenty of Hot Water

Urbana--If your family is lucky enough to be getting a new hot water heater, plan to get it big enough so there'll always be plenty of hot water.

How can you tell how big it should be? Here's the way to start figuring. Miss Gladys Ward, home management specialist University of Illinois College of Agriculture, advises you to consider first the size of your family. How big is it now? How big may it be later?

Another point for you to check is how often and how much laundry is done. Think, too, about how much hot water is needed for baths. And if your future plans include a dishwasher or an automatic clothes washer, find out how much hot water will be needed for this equipment.

The capacity of water heaters on the market ranges from about 10 gallons to about 80 gallons. Miss Ward says most families need one that is from 50- to 80-gallon capacity.

You'll also want to look at the different types of water heaters. There are gas, electric and oil models.

How the heater operates--whether it's automatic or nonautomatic--is important too. Miss Ward says it's worth the extra cost to have an automatic heater. It will furnish a constant supply of hot water and will keep water at the heat you prefer.

As for any other piece of equipment, it pays to buy a water heater made by an established manufacturer. And buy from a local dealer who can service it when necessary.

Cotton Is Going Dressy

Urbana--Dressy cottons, including moiré and plissé crepe, are on the market this spring. And it looks as if cotton is heading for more honors in the fashion field.

Miss Dorothy Durrell of the Home Economics Department, University of Illinois College of Agriculture, reports that home sewers are in for a treat with the new cottons. From the standpoint of quality, Miss Durrell says that even the lower priced materials rate good.

And here are some pointers about the dressy cottons. The moiré has a special finish to give it stiffness and the typical water-marked appearance. Shoppers will be wise to find out whether the finish is permanent because that affects the washability of it.

Miss Durrell explains that the cotton plissé crepe has a honey-comb pattern. It looks a little like a waffle-weave fabric. The material is washable, and the design won't press out.

Another trend is that some cottons are being made wider than the customary 35 and 36 inches. Many are 42 inches wide. This wider material allows home sewers to make full skirts without having to piece them.

NJM:lk
3/14/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 18, 1949

Abundant Vegetables--Good Salad Ingredients

Urbana--Abundant vegetables in local markets at present are a fascinating company--varied, colorful and delicious. Most of them are good salad material, provided they are teamed right and seasoned just enough to be interesting.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests shredded cabbage, thin strips of carrots and seeded raisins as a good combination. Add chopped fresh parsley and just a trace of minced or scraped onion for extra color and flavor.

Carrots cut in thin strips can team with green beans. Add tiny cubes or slivers of Swiss cheese and just a suggestion of onion. Better still, substitute chives for the onion if you have a pot of

them growing in your kitchen window, or if you can find them at your grocer's. You may add them to the salad without stint. They adapt themselves to any surrounding and never fight with their associates.

Hodge-Podge Salad makes a delightful lunch, served with French bread lightly toasted under the broiler, then rubbed with garlic and buttered. Fill your bowl with salad greens--spinach, endive, lettuce--depending on your market. Lay over the top sections of tomato, onions, cucumbers. Use cold cooked vegetables too, if you have them available. Green beans and beets are favorites, especially when marinated in a good tart dressing before they are added.

Top the Hodge-Podge with slivers of Swiss cheese and dress with good quality olive oil, salt, pepper and vinegar. Send to the table pronto, if you want to keep your reputation as a good salad maker.

THE NEW YORK TIMES

THE NEW YORK TIMES

The New York Times is a daily newspaper published in New York City. It is one of the most influential and widely read newspapers in the United States. The paper covers a wide range of topics, including national and international news, sports, and entertainment. It is known for its high standards of journalism and its commitment to providing accurate and timely information to its readers.

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Your Vegetable Garden--Plan to Meet Family Needs

Urbana--Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to plan your garden and plant your garden with the nutritional needs of your family in mind. There are no substitutes for the minerals, vitamins, and other nutrients that quality vegetables supply.

Many home gardeners are solving the problem of "what to plant and how much to plant" by working out a vegetable plan for the year. They review and check the plan from time to time throughout the year and make changes needed to more nearly meet family requirements.

In planning your garden, allow for generous amounts of tomatoes, leafy vegetables, green and yellow vegetables, and potatoes. To estimate your needs of any one type or kind of vegetable for the year, multiply the weekly requirement by fifty-two. Then add something extra--from one-fourth to one-half--for guests and for a safe margin in case the harvest is poor or there is much loss in storage.

Wall-Cleaning Solution--How to Prepare

Urbana--Come spring housecleaning time and there'll be painted or enameled walls to clean. Instead of the old-fashioned soap and water shampoo, why not prepare a special cleaner? Home furnishings specialists at the University of Illinois College of Agriculture send along directions for one that is efficient and can be made in quantity.

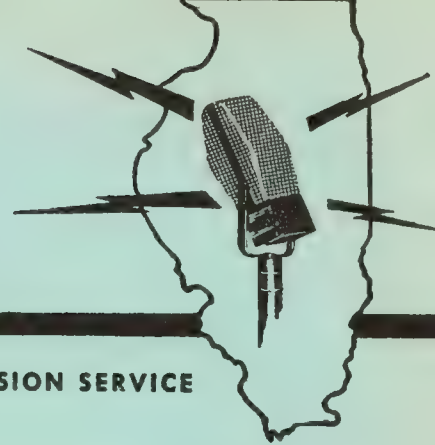
To prepare one gallon of the wall-cleaning solution, dissolve $1/3$ tablespoon of trisodium phosphate and $1/2$ tablespoon of washing soda (sodium carbonate) in 1 gallon of hot water. Add to this solution 1 tablespoon of soap flakes and stir until thoroughly dissolved.

When the solution is lukewarm, apply it to the wall with a sponge or a soft cloth wrung out of the cleaner. Use a circular motion and work rapidly. Rinse the wall immediately with a second sponge or a cloth wrung out of clear lukewarm soft water.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 19, 1949

Home Equipment--Check Family Requirements Before You Buy

Urbana--Recent reports indicate that several manufacturers of major household equipment are reducing prices. This brings an added incentive to buy. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, cautions that careful buying should still be the order.

When we buy an item of major household equipment--washing machine, vacuum cleaner, refrigerator--we make a long-time investment. The present market offers many makes and many models of all major items. Careful study reveals a difference in design and appearance, in quality of materials and workmanship, and in time-saving and labor-saving features. Likewise there is quite a wide range in price.

Before you buy, take time to study the requirements of your family. What characteristics should the equipment have to best meet those requirements? Study the price in relation to your budget, and consider the cost of installation and upkeep or service along with the price. How many years can you expect the equipment to give service?

THE NEW ZEALAND RAILWAYS

The New Zealand Railways Corporation, which was established in 1948, is a public body responsible for the operation of the railways of New Zealand. The Corporation's main objective is to provide a safe, efficient and economical rail service to the public. It is also responsible for the maintenance and development of the railway infrastructure.

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Potatoes Score High--Don't Scorn Them

Urbana--If you're interested in budget food buys, don't scorn potatoes. They are plentiful in local markets the country over, and they score high in nutritive values.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that a good helping of potatoes has about as much iron as two slices of enriched bread or about half as much as one egg. One medium-sized boiled potato has as much vitamin C as a small glass of tomato juice. Also potatoes contain some vitamin B₁ (thiamine) and niacin.

Even though you are watching calories, don't avoid potatoes. They are no more fattening than many other foods. You don't get any more calories from one medium-sized potato than from an apple or a banana. It's the butter and gravy and the like that you add to the potato that steps up the calorie count.

Unexpected Company--How to Stretch Food Servings

Urbana--What happens at your house when company drops in unannounced 'round mealtime? Do you find it a problem to stretch 3 or 4 servings to take care of 5 or 6?

Here's a meat-stretcher idea that is a "quickie" and can be adapted to either the cooked or the uncooked ground meat. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to season the meat to taste, adding a small portion of cream if extra moisture is needed. Prepare biscuit dough and roll or pat it to about one-half inch in thickness.

Spread the meat on the dough and roll the dough as you would a jelly roll. Cut into slices about one inch thick, and bake at 400° F. for 15 to 20 minutes. Serve with a mushroom sauce or a cream gravy, well seasoned. Canned soup may be used as the basis for the mushroom sauce.

JEH:lk
3/16/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 21, 1949

Planning to Reduce? Season Diet With Wisdom

Urbana--Talk of reducing--of taking off a few pounds--seems to be very much the style these spring days. Perhaps it is due to the beautiful, slim figures featured in fashion magazines. Or perhaps it's because winter meals have added a few extra pounds.

Miss Harriet Barto, dietetics specialist, University of Illinois College of Agriculture, warns that there are no safe shortcuts to taking off weight. No one would question the wisdom of removing extra poundage, but unfortunately some folks do not use good judgment. In their attempts to keep a slender figure or attain one, and quickly, they have made themselves ill.

It is not necessary to resort to a semistarvation diet in order to lose weight. Nor is it necessary to resort to peculiar combinations of food entirely unlike the ordinary diet.

A sane reducing diet differs from an adequate diet, for a person of so-called normal weight, only in the number of calories it supplies. The way to get rid of undesired fat is to make your body burn it as fuel--to use it as a source of energy. You can do this by cutting the calories supplied by food to less than the amount needed by your body. However, rapid loss of weight is usually unwise and SHOULD NEVER BE UNDERTAKEN WITHOUT THE ADVICE AND SUPERVISION OF YOUR PHYSICIAN. Losing at a moderate rate--1 to 2 pounds a week--especially when reduction is advised by your doctor and when a properly planned diet is followed, is safe.

Ready-Made Garments--To Wash or Not to Wash

Urbana--If you're wondering whether you should have your ready-made dress dry-cleaned or whether you should launder it, here's good advice. Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says it is not wise to wash a ready-made garment unless it is labeled washable, or unless you can make necessary tests that will determine results.

To make sure the fabric can be washed without harm to color, texture, or finish, test both the fabric and the trimmings. Buttons and stitching may be affected by laundering. Squeeze a sample--taken from an inconspicuous part of the garment--in lukewarm suds for 5 minutes. Rinse, dry, and compare it with the unwashed material. Merely soaking a sample in water is not a thorough test.

To test for shrinkage, cut or thread-mark a piece of the material. Measure the piece carefully. Launder and iron it and measure it carefully again. Difference in size will indicate shrinkage or stretchage.

The thread-marking method is useful when no sample is available and some inconspicuous part of the garment must be tested. However, it is important to remember, that such a small sample may give a very inaccurate idea of the total amount of shrinkage. The measurements should be made carefully and the total shrinkage for the whole garment--length and width--should be estimated.

Variety Aplenty--For Lenten Menus

Urbana--Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that there is variety aplenty in local markets to keep Lenten menus interesting and easy to plan. Many of the items are in the reasonable price bracket.

On the plentiful list at present are eggs, cheese, peanut butter, dried beans and peas. Last year's record crop of oats has placed oatmeal near the top of the list. Carrots, onions, cabbage, canned corn and lower grade canned peas are vegetables which can contribute to economical family meals.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 22, 1949

Eggs Plentiful--Why Not Freeze Some of Surplus?

URBANA--Poultry flocks are coming into peak production.

USDA marketing specialists believe egg prices throughout the next four or five weeks will reach about the lowest level for the whole year. If you have a home freezer or locker space, why not store eggs for use later?

Research in the Home Economics Department at the University of Illinois indicates that good-quality eggs can be frozen satisfactorily. Mrs. Royene Owen, foods specialist, says the whole eggs may be frozen, or the whites and yolks may be frozen separately.

If you prefer to freeze the whole eggs, remove them from the shells and mix the whites and yolks slightly--just enough to give a uniform product. Do not beat or whip them. Add 2 teaspoons of salt or 2 tablespoons of sugar per pint of eggs. The addition of salt or sugar prevents gumminess and does not change the flavor of the eggs.

If you wish to freeze the whites and yolks separately, mix the yolks slightly and add 2 teaspoons of salt or 2 tablespoons of sugar per pint of yolks. Freeze the whites "as is"--without mixing and without adding salt or sugar.

Refinishing Furniture--Good Work for Early Spring Days

URBANA--Refinishing furniture is one job that calls for plenty of work space and good ventilation. These early spring days, when the weather is warm enough to have the windows open or to set up shop on the porch, are ideal for doing the work.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says furniture that is well constructed and well proportioned is worth refinishing well. The first step in getting good results is to remove all of the old finish. It is a job that takes time, patience, and energy, but a job that pays dividends.

Solvents to remove paint and varnish may be made at home or bought ready-mixed. The commercial removers are generally recommended, as they are safer for both the operator and the furniture. They can be purchased, ready for use, at any reliable paint department.

If the remover is liquid, shake the container well. Next apply the solution to a small area of the furniture with a clean old brush, and work in one direction only. Let stand only until the old finish wrinkles or is soft; then lift off the gummy substance with a putty knife or cloth. Work with the grain of the wood, being careful not to injure the wood.

To remove the softened finish from carvings and turned surfaces, use a heavy cloth instead of a putty knife. A gunny or feed sack is satisfactory. If the wood is carved, use the point of a nail to clean the design.

Don't be discouraged if one application of the solvent does not remove the old finish completely. Two or three applications may be necessary. After removing all of the old finish, wipe the furniture with a cloth moistened in denatured alcohol or turpentine. This cleans the varnish remover from the surface. (Caution: Do not use rubbing alcohol.)

Home Calendar

RICHLAND COUNTY Leader Training Meeting, Friday, March 25, 1949, 1:30 p.m. at the Farm Bureau Building, Olney, Illinois. E. H. Regnier, of the rural sociology department, University of Illinois College of Agriculture, will conduct the school.

LASALLE COUNTY Home Bureau Annual Hobby and Antique Show, Friday and Saturday, March 25-26, at the Masonic Temple in Ottawa, Illinois. The show opens at 11 a.m. and closes at 9 p.m. Program includes exhibits, "Country Store," old-fashioned dress revue and special speakers. You are invited.

LEE COUNTY Mobile X-ray unit will be in the county March 28-29 at the Farm Bureau Building, Amboy, Illinois. All farm and home bureau members and their families are being urged to have chest X-rays on these days.

BOONE COUNTY Home Bureau Smorgasbord Thursday, March 31, 1949, starting at 5 p.m., County Line Grange Hall on Route 20 near Belvidere. Six units in the south part of the county are working together. You are invited.

JEH:lk
3/18/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 23, 1949

Market-Wise Ideas

URBANA--Juggling food dollars--keeping the budget in line--is not a simple problem these days. It calls for careful planning, wise buying, and reduction of food waste.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, advises that shopping in person pays good dividends. It gives you an opportunity to buy the best quality the market affords, and it keeps you informed on plentiful products as well as your grocer's "specials."

When you shop for salad greens and leafy vegetables, hunt for the crisp, fresh ones. They provide more vitamins than those that are droopy. Topped carrots, beets and other root vegetables sold by the pound are usually better buys than those sold by the bunch. Bruised fruits and those that are over-ripe spoil quickly, so unless you plan to use them immediately they are not wise buys.

Buy canned vegetables and fruits according to the use you plan to make of them. At present, low-grade peas are plentiful and priced in the lower bracket. They can go into soups, sauces, and casserole dishes. Canned whole tomatoes are costly and a luxury for most occasions. Peach slices are satisfactory for fruit cups, puddings, and custards and usually are priced lower than the halves.

Sirloins are smart, but rump roast builds just as good muscles. Stewing meat--when carefully selected to avoid waste--is usually one of the budget buys. Beef liver is just as nutritious as calves' liver and is less costly.

Lamp Shades--How to Clean

URBANA--Don't discard your lamp shades just because they are soiled. If they are in good condition otherwise, have them cleaned or, if possible, do the work yourself. The method for cleaning depends on the material, type of shade, and construction.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, suggests using soap jelly for cleaning shades made of washable fabric. Prepare the soap jelly by pouring 1 cup of hot water over 2 cups of mild soap flakes. Then whip the mixture to a jelly with a rotary egg beater.

Apply the jelly to the lamp shade with a soft brush. Rub the surface lightly, and rinse thoroughly with a brush and clear lukewarm water. Do not soak the shade or get it too wet.

Shades made of nonwashable fabrics are difficult to clean at home. The only satisfactory method is to immerse them fully in a dry-cleaning fluid. This kind of cleaning can be done best by a commercial cleaner.

To clean parchmented shades, dust them first with paper tissue or a very soft cloth. Then clean with soap jelly and a sponge wrung dry out of clear warm water. Rinse with a sponge wrung dry out of clear warm water.

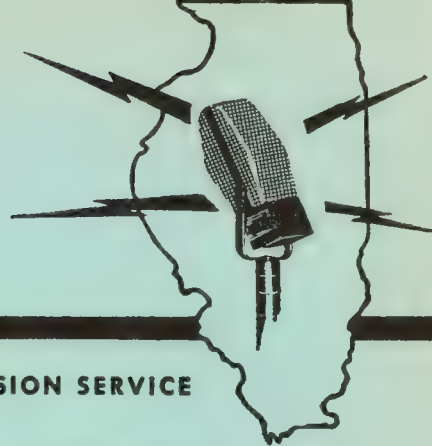
Vegetables--For Your School Lunch

URBANA--Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to keep the school lunch project in mind when you plant your garden. An extra row of vegetables--peas, beans, carrots--and a few extra tomato plants will give the program the help it needs.

In Illinois more than 40 percent of the school children are participating in the Federal-State School lunch program. Fresh crisp vegetables from home gardens will stretch the allotted food money and help to keep the lunches nutritious and easy to plan.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

RELEASE THURSDAY, MARCH 24, 1949

Research Gives Help in Kitchen Storage

URBANA--Take a look into modern kitchen cupboards, and you're likely to find them crowded instead of bare like Mother Hubbard's. New research at the University of Illinois shows how this kitchen storage situation can be improved.

Miss Helen McCullough, on the staff of the Home Economics Department in the College of Agriculture, made this study. Results showed that storing items where they are first used is a big factor in having a convenient kitchen.

In general kitchen utensils and food are stored at one of four places. They may be kept near the range, the sink, the mix center, or the serve center.

The mix center is where foods are prepared. Near it should be stored such utensils as mixing bowls and spoons. Staple foods--sugar, flour, and shortening--are most convenient when kept here also.

Miss McCullough advises using storage space at the range for skillets, lids and such implements as stirring spoons and potato masher. It's handy to keep some foods here also, including canned vegetables and foods used with boiling water, such as coffee.

At the sink go dishwashing supplies of course. And this is a good place to store foods that need soaking or washing. It's also convenient to keep the coffee pot, double boiler, and saucepans here. At the serve center, storage space may be used for trays, the toaster, and ready-to-eat foods.

More practical information on how to improve kitchen storage is given in the circular, CABINET SPACE FOR THE KITCHEN. For a copy, write the Small Homes Council, University of Illinois, Urbana. Residents of Illinois may receive single copies free until June 1.

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Radio News in Kitchen Storage

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To Teach Restaurant Management at U. of I.

URBANA--Men and women will be able to get thorough training in restaurant management at the University of Illinois starting this fall when this new 4-year curriculum is opened.

The College of Agriculture is to administer the curriculum, which will be under the direct supervision of the Home Economics Department. Miss Evelyn Smith has been appointed to head the work. Miss Smith is associate professor of institution management.

The restaurant industry in Illinois requested that the new program be developed. Miss Smith explains that managers realize the need for more information on food service and management. They want people trained in the scientific, technological, and economic aspects of food service.

Students taking this course may prepare for work in allied fields as well as restaurant management. By electing certain courses to take with the management work, they can train to be purchasing agents, kitchen equipment specialists, or food inspectors.

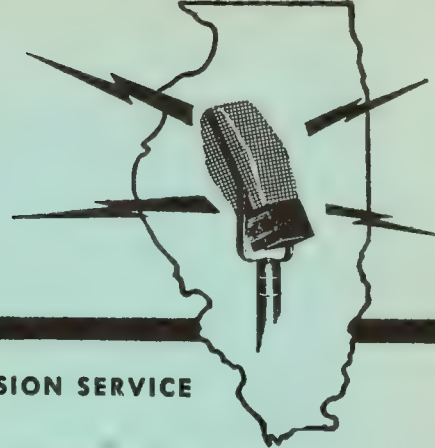
The first 2 years of training will be devoted largely to basic and general subjects. In the junior and senior years, specific courses in home economics and commerce are to be studied.

Several students have already started training for work in restaurant management.

It is hoped that short courses in this work also can be offered at some time in the future. And consultant services may be developed to help groups throughout the state.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

RELEASE FRIDAY, MARCH 25, 1949

Oatmeal--Let's Find New Ways to Use It

URBANA--Last year's crop of oats was the third largest on record. The USDA reports that supplies are high at present. This should mean good buying at local grocery stores the country over.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that we find new ways to use this thrifty product. Instead of always serving plain oatmeal for breakfast, why not dress it up by adding dried fruit during the cooking period? Chopped prunes, dates, figs, or raisins will add extra flavor and good texture and color.

Have you tried fried oatmeal mush? Many families consider it a treat when topped with maple syrup and served with crisp bacon or ham 'longside. Or, if you prefer, add chopped cooked bacon or ham to the oatmeal just before you turn it into the mold to chill.

Oatmeal can give variety in texture to yeast breads, muffins, and biscuits. Most cookbooks include recipes for preparing these baked products using oatmeal. Oatmeal combines well with meat and vegetables in main dishes, too. Add a small portion to the meat loaf as a binder instead of bread crumbs. Use the quick-cooking oatmeal, and moisten it in milk or water before you add it. It can be used in the same way in preparing vegetable scallops. Add a small portion of the oatmeal to the milk or cream and use instead of the cream sauce.

Continued from page 1

Radio News, June 1, 1934

THE RADIO INDUSTRY

The radio industry has been a source of much interest and discussion in the past few years. It has grown from a small, obscure hobby to a major industry, and its future is uncertain. The industry has been plagued by a number of problems, including a lack of regulation, a lack of standardization, and a lack of public interest. The industry has also been plagued by a number of scandals, including the case of the "Radio City" and the case of the "Radio City" and the case of the "Radio City". The industry has also been plagued by a number of scandals, including the case of the "Radio City" and the case of the "Radio City" and the case of the "Radio City".

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Dairy Products Plentiful--Let's Take Full Advantage of Them

URBANA--Processed dairy products--cheese, evaporated milk, butter--are all in plentiful supply, according to USDA marketing specialists. Milk production in recent months has been well above that of last year, and prices of milk for manufacturing purposes have declined to relatively low levels. Stocks of cheese, butter, and evaporated milk are heavy.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that cheese is a good basic food for main-course fare. It is particularly timely during the Lenten season, when meatless menus are the order for so many occasions. Not only is cheese an abundant source of protein, but is also supplies vitamin A, riboflavin, and minerals.

Cheese Omelet is a first-rate main course for either lunch or supper. Use your own favorite recipe for plain omelet. When you have it prepared and in the skillet ready for cooking, sprinkle the top with 1/2 to 3/4 cup of grated American cheese. Cover the utensil and cook at low temperature until the cheese is melted and the omelet puffy--about 20 minutes. Fold or cut into sections and serve at once.

Cauliflower au gratin is substantial and satisfying enough to serve as a main course for luncheon. Cook the cauliflower in the usual way--in boiling salted water until barely tender. Arrange in a baking dish, add a good cheese sauce or rarebit, and top with buttered crumbs. Bake at low temperature until the crumbs are lightly browned--about 15-20 minutes.

THE HISTORY OF THE UNITED STATES OF AMERICA

The history of the United States of America is a story of a young nation that grew from a small colony of settlers to a powerful world superpower. The story begins with the first European settlers in the early 17th century, who came to the New World in search of a better life. They established colonies along the eastern coast, and over time, these colonies grew into a nation that fought for its independence from Britain in 1776.

THE FOUNDING OF THE NATION

The founding of the nation was a process that took many years. It began with the signing of the Declaration of Independence in 1776, which declared the colonies' freedom from British rule. This was followed by the signing of the Constitution in 1787, which established the framework for the new government. The Constitution created a system of checks and balances, with three branches of government: the executive, the legislative, and the judicial.

The early years of the nation were marked by challenges and growth. The country expanded westward, and new states were added to the Union. The nation also faced internal conflicts, such as the Civil War, which was fought between the North and the South over the issue of slavery. The Civil War ended in 1865, and the nation emerged as a more unified and powerful country.

The United States has continued to grow and evolve over the years. It has become a global leader in many fields, including science, technology, and culture. The nation has also faced many challenges, such as the Great Depression and the Vietnam War, but it has always emerged stronger and more resilient.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 26, 1949

Soaps--For Fine Fabrics

URBANA--Fine fabrics deserve good care, and proper laundering is one of the essential steps. Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says selecting the soap for laundering is especially important. Read the label carefully before you make your selection.

A "neutral" soap--one having very little residue of alkali in it--should be used for washing fine fabrics. Flake soaps and soap beads are usually made from high-grade neutral soaps. They are desirable for fine fabrics because their form makes them readily soluble.

Soaps containing water softeners should be used with caution on fibers that are sensitive to alkali. Such soaps are not "neutral" and may injure the fabric. Even cotton and linen are affected to some extent by the use of soaps containing excess alkali. Granulated soaps may be pure neutral soap, or they may contain water softeners.

Cabbage Calls for Careful Buying

URBANA--Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says when you buy cabbage to select it for quality. Fairly solid heads that are well trimmed are usually the best buys. Avoid cabbage that has yellow leaves and that shows signs of decay at the core.

Ginghams Are Good Fashion--Select for Quality

URBANA--Ginghams are "leaders" for spring and summer frocks. Almost every market affords plenty of choice in color and pattern and in price range.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, reminds us that ginghams call for careful buying. Tests made by students in her advanced textiles class show that price is not necessarily an indication of quality.

Samples used for the tests were selected in local stores, and prices ranged from 49 cents to \$1.19 a yard. The study indicated that cloth count--number of threads per inch of material--and sizing, shrinkage, and colorfastness should be considered along with price in buying for quality.

Some very good tests which will help in selecting ginghams can be made at the counter. It would be difficult to make an accurate thread count at the counter, but thread count can be estimated by comparing the closeness of weave of two materials. Fewer threads usually indicate a greater amount of shrinkage. However, sizing should not be confused with closeness of weave. Material that is heavily sized will appear closely woven, but one laundering will remove the sizing, leaving the cloth sleazy and lifeless. To test for sizing, rub a corner of the material between your thumb and finger and then re-examine it closely.

Check the label on the material. It should carry some information about colorfastness and shrinkage. If the fabric has been preshrunk, there should be a guarantee as to the percentage of additional shrinkage to expect.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 28, 1949

For Quick Dessert Use Muffin Mix

URBANA--Desserts that are quick to mix and quick to bake are popular these busy spring days. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that a muffin mix--either the commercial or the "made-at-home" variety--has many possibilities.

Muffin mix makes a good basis for old-fashioned apple cake. Prepare the batter according to directions. Butter a shallow baking pan generously, and add a layer of applesauce or cooked apple slices seasoned to taste with cinnamon and sugar. Spread the muffin batter over the apples and bake at 375-400° F. for about 25 minutes, depending on the depth of the mixture in the pan. Serve plain or topped with whipped cream.

Another interesting variation is to fold chopped dates or figs into the muffin batter, just before you turn it into the pan. Chopped nuts may also be used. Bake the mixture in muffin tins or in one large pan. Split the muffins or the cake into layers and fill with whipped cream. Or, if you prefer, top with lemon or vanilla sauce.

...and the fact that the *Journal* is a journal of the American Psychological Association, the largest and most influential organization in the field of psychology, adds to the journal's prestige and makes it a must-read for all psychologists.

Water-Proof or Water-Repellent--Which to Buy

URBANA--April means showers and often heavy rain of several hours' duration. If you are in the market for a raincoat, you'll find two types available--waterproof and water-repellent. You'll want to select the type that will give the best service.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says your occupation--the number of hours you must spend out of doors--should be the deciding factor. Points for and against both types should be considered carefully.

The term waterproof means that the material has been so treated that all spaces between the threads are filled completely with some type of waterproof substance. A waterproof garment is not comfortable to wear because it is air-proof as well as waterproof. However, if you are to be out in the weather a good share of the time, as a policeman or mail carrier has to be, then it is the logical choice.

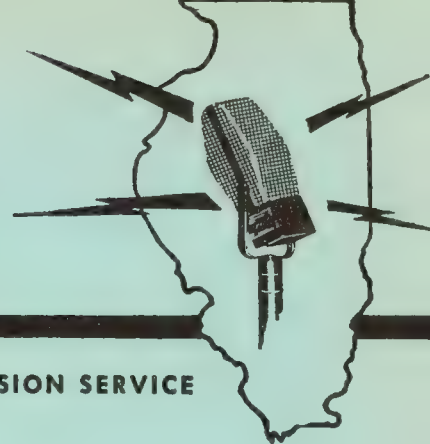
Water-repellent materials have been chemically treated. A chemical change has taken place between the fiber and the material used. The spaces between the threads have not been filled or sealed. The garment is lighter in weight and more comfortable and more hygienic to wear.

When it comes to service, a water-repellent garment is satisfactory for general wear. It will not give complete protection in a heavy rain for any great length of time. Before you buy a water-repellent garment, be sure the treatment is permanent. The label should carry that information.

Unless the water-repellent treatment is permanent, dry-cleaning will remove it. It may also be removed by constant wear in the rain. The treatment can be renewed, but this is not always satisfactory. Originally the fabric was treated before the garment was made. It is much more difficult to treat the finished garment satisfactorily because of seams, facings, and other construction details.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 29, 1949

Plastic Film--Keep Away From Fire

URBANA -- Plastic film is popular with homemakers. It is colorful, attractive, and easy to clean. It's being used in many ways--from refrigerator bags to aprons and curtains.

Miss Florence King, textile and clothing specialist, University of Illinois College of Agriculture, says an important point to remember in using plastic film is the way it which it burns. While it does not blaze rapidly or burn with a "puff," it does give off an unusual amount of smoke and fumes which are very penetrating. Even small samples when burned in the testing laboratory made the atmosphere very uncomfortable.

Plastic aprons with frills and big loose pockets are lovely to look at, but they should be kept a safe distance from an open flame. Plastic curtains do not belong near a lighted kerosene or gas lamp or near lighted candles. Plastic clothing for children can present a definite hazard.

Plastic film has many points in its favor for home use. In deciding on those uses, however, keep safety in mind. Burning plastic film can give off enough fumes to make breathing difficult--even to overcome those who come into contact with them.

Service--For Your Refrigerator

URBANA -- Before you decide on a refrigerator, read the guarantee carefully. You'll want to know exactly what it includes, and you'll want information about the service you can get once you have the equipment installed.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that most manufacturers guarantee that the refrigerator is free from defects in materials and workmanship. Usually the refrigerating system is guaranteed for 5 years and the cabinet and other parts for 1 year. However, it is important to read the guarantee carefully and in its entirety.

If you buy from a local dealer, ask him specifically about repairs. Usually he will take care of any repairs covered by the guarantee. If he has a service department, he can make repairs promptly; if not, he may have to send parts back to the manufacturer, and that will require time. Before you make your selection, it is wise to find out whether there is an authorized service agency near by

Dried Prunes--Packed With Food Value

URBANA -- Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that there is a lot of food value packed away beneath the wrinkled skin of a dried prune. That's true, of course, even of the small-sized prunes which are so plentiful in local markets.

The plentiful supply plus food value gives us two good reasons for adding prunes to our shopping list. There are many ways to use them, from the start of the meal to the finish. Every good cook-book has recipes aplenty.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 30, 1949

Frozen Fish--In Good Supply

URBANA -- Frozen fish deserve attention. Steaks or fillets are in good supply in local markets, and there is enough variety to keep meals interesting.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we vary the methods of cooking. Baked fillets or steaks are popular with home cooks and are quick to prepare. It is not necessary to thaw the fish before cooking.

Place the fillets or steaks in a shallow baking pan, season as you wish, and add a small amount of fish or meat stock, or milk. Chopped celery, minced green pepper and a bit of onion gives good flavor. Canned tomatoes or tomato juice may be used as part of the liquid for baking.

Bake in a moderate oven--350 to 375° F.--until tender, about 20 minutes. Avoid overcooking fish, for it tends to destroy the delicate texture and rob it of some of its fine flavor. If you prefer, bake the fillets top-of-the-range fashion. Use a heavy skillet which can be covered tightly, and use low cooking temperature only.

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Weave Important--In Buying Rugs and Carpets

URBANA -- If you are in the market for a rug or carpet, there are many points to be considered in making your selection. One of the most important is the weave. There are three types of weave in wool carpeting--Wilton, Velvet, and Axminster.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says all three are pile weaves. The pile makes up the surface of the fabric and is held in place by the lengthwise and crosswise backing yarns. It is these yarns that give the carpet strength and body.

The real difference between the weaves is the way in which the pile is fastened to the backing. In the Wilton, the yarn used for the surface pile is buried in the back of the rug, whenever it is not required for the pattern. In the Velvet and Axminster, all of the yarn is on the surface except for the small amount used in attaching the tufts to the back of the carpet.

In carpets and rugs coming to market at present, there may be little relation between price and weave. High, medium and low priced items can be made in any type of weave. In order to make comparisons, the type of wool yarn and the density of the pile should be considered.

Wiltons and Velvets are woven of woolen and worsted yarns. Woolen yarn has a coarser texture than the worsted. Frequently, they are both used--blended to combine advantages of both. In Axminsters woolen yarn is used because the weave is not tight enough to hold the less pliable worsted yarns with firmness.

The term broadloom should not be confused with weave. Broadloom refers to width and means that the carpet was woven on a broad or wide loom in order to use as few seams as possible. Broadloom carpet can be obtained in Wilton, Velvet, or Axminster.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 31, 1949

Students Impressed With Diet's Importance

URBANA -- "Why should I eat that?" is a stock mealtime question. Students at the University of Illinois are seeing some impressive evidence in favor of correct diets. These studies are being made in a laboratory of the Home Economics Department.

By feeding special diets to animals, the students are finding out what can happen to the body when the diet is poor. And some of the results are striking: If chickens do not get vitamin K, their blood will not clot. When rats eat only a small amount of protein, they are small and underdeveloped.

Students in this class are putting their learning into practice. Miss Beula McKey, assistant professor of nutrition research, explains that each girl chooses one nutrient to study. She uses two sets of animals, feeding part of them a correct diet. This group is called the positive control. The other group is fed a diet lacking in one nutrient. From the two sets of animals, the student learns what difference the lack or presence of one essential nutrient makes in the diet.

While carrying on her experiment, each girl makes frequent tests of the condition of the animals--weight, growth, etc. At the end of the experiment she summarizes the results of the study. The poorly fed animals may be given food to cure them. Or they may be autopsied for wider evidence of malnutrition.

One of the most dramatic studies is being made on black rats. When fed a diet lacking in pantothenic acid, one of the B vitamins, the rats begin to get gray hair. Students see that this is one factor definitely concerned with gray hair in rats. The application to human nutrition has not been shown.

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Slimming Styles Are Plentiful

URBANA -- Here's lucky fashion news for the woman who's a bit stout: Popular styles this spring include several that are slimming--such as redingotes and long plain skirts.

Long lines in clothing are usually slenderizing. Miss Fern Carl, clothing specialist at the University of Illinois College of Agriculture, says that is the main point for a woman to keep in mind when she shops for figure-slimming clothes.

For anyone who's a bit stout, a one-piece dress is usually more becoming than a skirt and blouse. And Miss Carl lists these points to help in selecting a dress that's slenderizing:

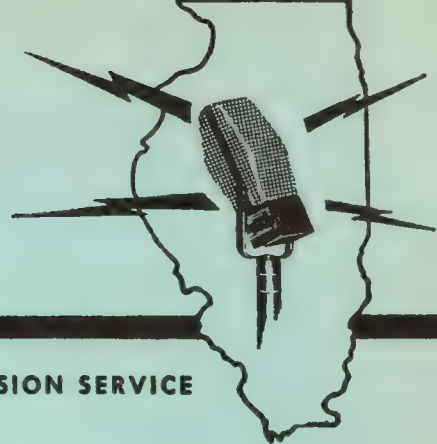
A dress that opens down the front--all the way or just to the waistline--divides the broadness of the figure. A V-neckline is becoming while a round neckline is not. And the best choice for a collar is one that's narrow, such as the fashionable roll collar. Round collars are to be avoided.

In choosing a skirt, the plump person will be wise to select a plain one. A comfortable fit is best, one that's neither too full nor too tight. Front drapery may be all right if it gives a long line instead of a line across the figure. Hip and back interest are to be avoided. That includes pleats, pockets, gathers, peplums and bows.

Pretty, feminine touches on clothes can be attractive on a larger woman. She may wear lacy dickies and pretty jabots if they give added length instead of width. And long necklaces or pearls are becoming to her.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 1, 1949

Lemon Butter--For Fish

URBANA -- Flavor aplenty can be added to fish by means of a good sauce. If you are serving broiled or baked steaks or fillets for dinner this evening, try Lemon Butter. It's quick to make and it is a favorite.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, sends these simple directions for preparing the sauce: Melt 4 tablespoons (1/4 cup) of butter, and blend in 1 teaspoon of lemon juice and a dash of pepper. Add minced parsley--from 1 to 2 teaspoons--just ahead of serving time, and send the sauce to the table piping hot.

Acetate Rayon--Calls for a "Warm" Iron

URBANA -- Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, cautions not to ruin a rayon garment by using an iron that is too hot. The iron will stick and you'll have a hard molten spot that can't be removed.

Some of our rayon materials are made of regenerated rayon yarns; others are made of acetate rayon yarns. Still other materials are made of both types--the regenerated and acetate combined or blended. If the label does not identify the type of rayon used, then test the temperature before you iron. You can do this very easily by trying the iron on an inconspicuous part of the garment--a seam edge or the corner of a facing.

All rayons are more sensitive to heat than either cotton or linen, but acetate rayon is more sensitive than the regenerated. Too hot an iron can do serious damage. Make it a rule to test for temperature before you iron.

Volume 1, Number 1, Spring 1994

Editor: [Name]

Page 1

The first issue of Radin News is now available. It contains a variety of articles on the latest developments in the field of [Topic]. The articles are written by leading experts in the field and are intended to provide a comprehensive overview of the current state of research. The first article, by [Author], discusses the latest findings in [Topic]. The second article, by [Author], discusses the latest findings in [Topic]. The third article, by [Author], discusses the latest findings in [Topic]. The fourth article, by [Author], discusses the latest findings in [Topic]. The fifth article, by [Author], discusses the latest findings in [Topic]. The sixth article, by [Author], discusses the latest findings in [Topic]. The seventh article, by [Author], discusses the latest findings in [Topic]. The eighth article, by [Author], discusses the latest findings in [Topic]. The ninth article, by [Author], discusses the latest findings in [Topic]. The tenth article, by [Author], discusses the latest findings in [Topic].

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The third issue of Radin News is now available. It contains a variety of articles on the latest developments in the field of [Topic]. The articles are written by leading experts in the field and are intended to provide a comprehensive overview of the current state of research. The first article, by [Author], discusses the latest findings in [Topic]. The second article, by [Author], discusses the latest findings in [Topic]. The third article, by [Author], discusses the latest findings in [Topic]. The fourth article, by [Author], discusses the latest findings in [Topic]. The fifth article, by [Author], discusses the latest findings in [Topic]. The sixth article, by [Author], discusses the latest findings in [Topic]. The seventh article, by [Author], discusses the latest findings in [Topic]. The eighth article, by [Author], discusses the latest findings in [Topic]. The ninth article, by [Author], discusses the latest findings in [Topic]. The tenth article, by [Author], discusses the latest findings in [Topic].

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Milk--How Much for Older Folks

URBANA -- A quart of milk a day for children and a pint a day for grown-ups! That's the basic requirement set by the National Research Council's committee on Foods and Nutrition. What's the requirement for folks who are getting along in years? Do they really need milk?

Miss Harriet Barto, specialist in dietetics, University of Illinois College of Agriculture, says there is no question of the need. Older folks require calcium, and milk is one of the best sources.

Many older people eat less, either by reducing the amount of all foods they eat or by eliminating certain foods. The result is not only a reduction of calories, but a restriction of certain nutrients which are very much needed. Calcium, for example, is not distributed in practical amounts in all foods. Unless liberal amounts of milk and milk products, such as cheese and ice cream, are included and the right choice of green vegetables is made, the diet will be poor in calcium.

At present there is no final proof that elderly people need a generous amount of calcium, but there is considerable evidence that they do. There is also evidence that the decreased digestive secretions, such as saliva, bile, and gastric juice, interfere with the digestion and the absorption of foods that contain calcium.

For the average adult, an attractive diet supplying about 2000 calories and yet containing no milk will furnish only about .4 or .5 gram of calcium. The daily requirement is about .8 gram. Since elderly people may eat less than the 2000 calories, their diets--without milk or milk products--may be even more deficient in calcium.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 2, 1949

Meat for Your Family--Pointers on Buying

URBANA -- How do you buy meat? Do you order "a good roast of beef" or "lamb for stew" or "meat for soup"? Or do you buy according to cut and the use you plan to make of the meat?

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that information pays good dividends at the meat counter. In order to buy wisely, we need to know the differences between the various cuts and their uses. We should know some of the marks of quality and the best methods of preparing the various cuts.

In comparing the costs of the various cuts, the amount of bone and fat in proportion to the lean meat should be estimated. When the price quoted is 40 cents a pound, for example, consider what the pound contains in terms of lean meat, bone, fat, and gristle. Then, before you buy, estimate the price per pound in terms of edible meat.

When the butcher removes the bone from your cut, or trims away the fat and gristle, remember that you have paid for it. Don't leave it at the market. The fat can be fried out and used for frying or seasoning, and the trimmings and bone can go into the soup kettle.

Sometimes the price per pound is based on the boned and trimmed weight. In this case the bones and trimmings are not for you. There are times when it pays to buy the bones along with the meat. Stew, for example, with the bones in goes further and is less expensive than the boneless stew. Of course, your family doesn't actually eat the bones, but they pad out the servings along with the vegetables and gravy, and they add good flavor to the dish.

Leather Upholstery--How to Clean

URBANA -- Leather upholstery will give good service provided you treat it right--give it the good care it deserves. Cleanliness is of first importance, for grime and dirt not only will mar the surface, but will cause the leather to deteriorate.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says leather upholstery can be cleaned at home--and easily--provided the rules for doing the job are followed. Use saddle soap on a dampened sponge or a soft cloth. Don't use too much water, and cover only a small area at a time.

Rinse the leather with a cloth or sponge wrung dry out of clear lukewarm water. Rinse as you clean, removing the saddle soap from one section before you go on to the next area. Finish the job by polishing the surface with a dry soft cloth.

Potatoes--Select Them Carefully

URBANA -- With new potatoes from the 1949 crop already on their way to market, potatoes are indeed abundant and therefore good buying. However, they should be selected carefully.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says when buying potatoes it is well to remember that the best ones are firm and clean. They have shallow eyes, and no cuts, decay, or green spots.

Green spots mean waste, for they are harmful to eat and must be discarded. They contain the same harmful substance that potato sprouts contain.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 4, 1949

State Nutrition Conference Scheduled

URBANA -- The Illinois State Nutrition Conference is scheduled for Friday and Saturday, May 6-7, Springfield, Illinois. All sessions will be held in the Centennial Building, and the Leland Hotel has been designated as headquarters.

Dr. Marjorie P. Milner, chairman of the committee, reports that outstanding speakers have been scheduled. At the opening session Friday afternoon, Dr. Janice M. Smith, professor of nutrition, University of Illinois, will review recent developments in the nutrition field and interpret them in terms of everyday living. L. H. Simerl, agricultural economics department, University of Illinois College of Agriculture, will discuss the present economics outlook, and Mrs. Gertrude Austin, nutritionist, American Baking Institute, will report on recent nutrition surveys in Newfoundland.

Dr. Thelma Porter, head of the department of home economics, University of Chicago, will open the Saturday morning session with the topic "Your Dollar and Your Diet." Miss Martha Trulson, Nutrition Consultant Rheumatic Fever Research Institute, Northwestern University Medical School, will explain methods used in conducting a state-wide survey of food prices. Dr. D. B. Morton, sanitary engineer, Illinois Department of Public Health, will close the conference with a discussion on sanitation in the school lunch room.

The conference is open to the public and is expected to attract persons of a wide variety of interests. For details regarding the program, contact your county nutrition chairman or your county home adviser.

Removing Spots From Rayon? Know Your Cleaning Agent

URBANA -- Test the cleaning agent before you use it on rayon. That's the advice of Miss Florence King, textile and clothing specialist, University of Illinois College of Agriculture.

Acetone is an ingredient of some commercial spot-removing fluids. It will dissolve acetate rayon. If you apply it to a spot, you'll remove not only the spot but the fabric. You'll have a hole where the spot was.

If the material is made of both regenerated and acetate rayon, a hole might not result, but you'd have a stiff spot which could not be removed. It would soon crack, making a hole.

Check the label on the garment or fabric for information about the type of rayon yarn used. Check the label on the cleaning agent. If there is doubt about either the fabric or the cleaner, make a careful test. Use the cleaner on a seam edge or on a sample of the material.

A Good Stepladder--A "Must" for Spring House Cleaning

URBANA -- Before long you'll be knee-deep in spring house-cleaning. A sturdy stepladder should be the order for those "tall" jobs--walls, high windows, and top shelves of cupboards and closets.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that we invite trouble when we use makeshift supports. Standing on a chair or a box placed on top of a table, or standing with one foot on a radiator and another on a piece of furniture is downright careless. A good sturdy stepladder is far less costly than medical attention.

Let's remember that our own safety is our own responsibility. Alertness and carefulness are always in good style.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 5, 1949

Rural Chorus Director Announced

URBANA -- James K. Van Slyke, Washburn Municipal University, Topeka, Kansas, will direct the 1949 Illinois rural chorus, according to D. E. Lindstrom, superintendent of the chorus. He will begin work June 1.

Mr. Van Slyke directed the chorus in 1946 and 1947 and is well acquainted with the Illinois organization plan. He has already approved the musical numbers for this year's chorus. The list has been sent to all county directors with word to enter their group not later than April 15.

Rehearsals are already under way in a number of counties. The plan is to hold district rehearsals after June 1 and schedule them so that several counties may meet at a central point and work under Mr. Van Slyke's direction.

Last year more than 30 counties participated in the state rural chorus. The group sang at the Illinois Sports Festival, the State Fair and the Canadian National Exhibition, Toronto, Canada. This year plans are under way for a six week's tour to England, Denmark, and Sweden.

Set Up Canning Assembly Line

URBANA -- Prepare for the arrival of the spring canning season by organizing an assembly line for the work.

Miss Grace Armstrong, foods and nutrition specialist at the University of Illinois College of Agriculture, says that women who do very much food preservation will find an assembly line a big help. Miss Armstrong recommends that you plan a place for doing each job in the canning process.

Where to hold produce until it is processed is one point that needs special consideration. There should be room to spread out vegetables instead of leaving them in deep baskets or containers. When foods are piled up, they are likely to become warm; and that encourages spoilage. A big table or shelves on the back porch will be a convenient location. Some other possibilities are a well-ventilated utility room or basement.

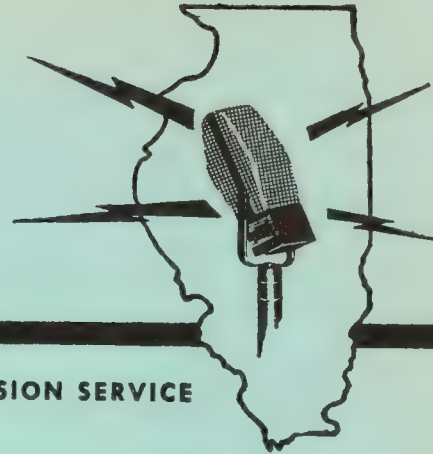
The raw cleaning of food--husking corn, shelling peas--may be done where the produce is held. The back porch is a good place for cleaning jobs.

For trimming vegetables after they are washed, it will be handy to have a place where you can sit down to work. The best location is near the sink. A table might be used, or perhaps you have a pull-out lap board near the sink.

For the other canning jobs--packing and sealing jars--try to have a long counter space between the sink and range. Also plan a place where jars can be put to cool after canning. It should be away from drafts.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 6, 1949

Rhubarb--For Zest and Fine Flavor

URBANA -- Fresh crisp rhubarb is coming to market, and it is prime for adding lovely color and delicious tang to early spring menus. It is the hot-house variety, however, and a bit costly to use in quantity, at least for just-average budgets.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to include rhubarb in menu plans but to select recipes that call for small amounts. Very soon the home-grown rhubarb will be ready and we can use it more generously.

Rhubarb Upside-Down Cake is a dessert that calls for a small amount of rhubarb, and it is easy to prepare. Use your favorite recipe for upside-down cake. Butter the baking pan generously, and spread it with the mixture of diced rhubarb and sugar. Add the cake batter and bake at the usual temperature. Serve plain, or topped with whipped cream or tangy grated cheese.

Rhubarb is delightful when combined with other fruits. Try combining apples and rhubarb or pineapple--either canned or fresh--and rhubarb. Another favorite is rhubarb and canned pears. The rhubarb adds good flavor and lovely color to the pears.

Fabric Upholstery--How to Clean

URBANA -- Fabric upholstery gathers dust and grime, and a thorough cleaning occasionally is necessary to keep it in condition. If the material is fast in color, it can be shampooed with soap jelly and the work can be done at home.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says first to test the fabric in an inconspicuous place to make sure that the shampooing will not change the color. Even a small amount of moisture will cause some fabrics to fade, leaving them unsightly.

Prepare the soap jelly by pouring 1 cup of hot water over 2 cups of mild soap flakes, and beat the mixture to a jelly with a rotary egg beater. Apply it to the upholstery with a damp sponge or cloth, cleaning a small area at a time. Remove the lather by rinsing the surface with a cloth or sponge wrung dry out of clear lukewarm water. BE CAREFUL NOT TO DAMPEN THE STUFFING OF THE FURNITURE--USE THE WATER SPARINGLY AND REMOVE ANY EXCESS PROMPTLY.

Grease spots can be removed from fabric upholstery by sponging them thoroughly with a cloth saturated with carbon tetrachloride. Work rapidly and from the outer edge of the spot toward the center. Have a clean cloth at hand to absorb the soiled cleaning fluid. More than one application may be necessary to remove the spots completely.

Fabric upholstery that is not fast in color presents a problem for the home cleaner. If it is badly soiled, the logical solution is to send the furniture to a commercial cleaner who is prepared to do the work.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 7, 1949

Navy Continues as Leading Spring Color

URBANA -- Again this spring it's navy blue that will head the fashion parade instead of "lavender blue" or any other variation. Here are some tips for choosing colorful accessories to highlight navy:

When you're shopping for accessories, try on everything together--suit, hat, gloves, shoes and bag--before you buy. Miss Ritta Whitesel, on the clothing staff of the Home Economics Department, University of Illinois College of Agriculture, says that is the way to make sure you are getting an attractive combination. She warns against "buying before trying."

There are colorful accessories galore to accent a navy suit or dress. Right now the gold tones are hitting the peak of popularity. These include warm beige, honey and wheat colors. For an attractive combination using these shades, Miss Whitesel suggests a beige hat and gloves to go with a navy suit. This outfit can be completed with a cornflower blue corsage, navy shoes and bag, and mist-blue hosiery.

Of course, all-navy with touches of white has long been a good-looking fashion duet. Navy is smart, also, when accented with red. An ensemble in these colors might include a red hat, polka dot scarf in blue and white, white gloves, and navy shoes and bag.

Another high color that's especially good this season is American beauty red, and it's striking with navy blue. If you have a navy suit, you might like a shorty coat of the red.

NJM:lw
4/4/49

Radio News

WEDNESDAY, APRIL 1, 1936

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Meals With Variety Prove Most Satisfactory

URBANA -- If you want a satisfying meal, be sure the food has variety and some of it sticks to the ribs. At the University of Illinois, students in a dietetics class were convinced this was true after eating lunches that didn't meet these standards.

Miss Harriet Barto, who teaches the class, reports that the students who took part in this project were strongly in favor of variety meals. Miss Barto is associate professor of dietetics, home economics department, University of Illinois College of Agriculture.

Here's how the project was set up: All the students ate meals that averaged 700 calories. This is about a third of the daily calorie requirement for a woman and an average allowance for lunch.

The girls were divided into three groups who ate three different types of menus. One group had all liquids, such as thick soups and milks. They felt well-filled right after eating but were hungry again in an hour or so. That's because liquids are quickly digested, leaving a person with an empty feeling.

A second group ate "one-dish" luncheons. Each dish contained as many ingredients as desired, but all were put into one mixture. The girls found these meals monotonous, although they chose favorite dishes, such as scalloped potatoes and ham.

The third group ate "low-fat" luncheons. These included a large quantity of food, but the girls felt hungry again in mid-afternoon. Lack of fat was the chief cause of the hungry feeling. Fat "sticks to the ribs" because it's slow to digest.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 8, 1949

Fresh Fish--Pointers on Buying

URBANA--Fresh fish is plentiful and relatively low in price in most of our midwestern markets. If you start with quality fish, vary the cooking style, and serve it with an attractive garnish or sauce, you need not be concerned with monotony. You can serve it often and it will receive a hearty welcome.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that care in marketing is of first importance. Since fish is perishable and tends to spoil easily, it is wise to buy at a market where refrigerating facilities are adequate. Be sure that sales at the market are sufficient to assure you that the fish has not been on hand for too long a time.

There are definite earmarks of quality in fish which can be used at the counter. The flesh should be firm and elastic, and no imprint should be left when it is pressed with the finger. The fishy odor should be fresh, not tainted. When selecting whole fish, look for ones with clear, bulging eyes--not sunken ones. The gills should be bright red in color, and the skin shiny, with tightly clinging scales.

In deciding what kind of fish to buy, follow local market trends and ask about those in best supply. Remember that almost any variety of fish may be fried or broiled. But fat fish are preferred for baking, while lean fish are best for poaching or steaming and for chowders and soups.

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FOR RELEASE FRIDAY, APRIL 8, 1949

Working With Soft Leather? Use Machine for Stitching

URBANA--Articles made of leather should not be discarded. Very often such things as jackets, caps, handbags, and belts can be repaired or remodeled to give good service. If they are made of soft leather, the stitching can be done on the home sewing machine.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says that in working with leather it is important to get the stitching right the first time. Stitches that have to be ripped out leave their mark.

Use a larger sized needle than for regular sewing, and lengthen the stitch. Stitches that are close together tend to weaken and tear the leather. When you are ready to stitch, place a piece of smooth paper under the leather and feed in the leather and paper together. This prevents the "feed dog" from scratching or scuffing the leather.

After stitching, tear away the paper on one side and remove all the tiny particles from the other side so that no paper is left under the stitches. After sewing, apply renewer to the seams of smooth leather, or suede dressing to the seams of suede. This tends to make the stitching blend in better with the leather and gives a more professional appearance to the finished article.

Eggs--Cooking Temperatures Important

URBANA--Now's the time to make good use of eggs in our day-by-day menu plans. Peak production season is at hand, according to the U.S. Department of Agriculture, and prices are about as reasonable as we can expect them to be.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to use low to moderate temperatures for all egg dishes--from breakfast eggs to the most delicate desserts. High temperatures tend to toughen the protein in eggs and to curdle egg and milk mixtures.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 9, 1949

Thick or Hard Leather--Stitch by Hand

URBANA--Thick or hard leather calls for hand stitching. It is not easy to turn out a professional-looking job, but time and patience will help turn the trick. Leather is expensive, and repairing belts, brief cases, and straps at home will help stretch the budget.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, advises using hand back-stitching for thick or hard leathers. It is not difficult to do and is strong and looks like machine stitching. To speed the work, make the holes in the leather by running it through an unthreaded machine. Use a strong needle and lengthen the machine stitch.

For sewing use buttonhole twist, heavy-duty cotton thread, or linen thread. To strengthen the thread and to keep it from cutting the leather, wax it by drawing it over a cake of beeswax. It may help to soak the leather and sew it while it is wet. However, wet leather is weak, and care must be taken not to break or tear it.

After stitching, apply renewer to the seams of smooth leather or suede dressing to the seams of suede. This tends to make the stitching blend in better with the leather. Ask for leather renewer or suede dressings at shoe stores and at notion counters in department stores.

THE FOLLOWING INFORMATION IS FOR YOUR INFORMATION:

STATION INFORMATION

STATION INFORMATION: The station is located at 1234 Main Street, New York, N.Y. 10001. The station is licensed to the Federal Communications Commission (FCC) and is operated by the National Broadcasting Company (NBC). The station is a Class A station and is required to maintain a certain level of service to the community. The station is also required to maintain a certain level of financial stability.

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Your Garden--Plant for Vitamins

URBANA--It's time to make the final check on the plan for the family garden--to decide what and how much of each vegetables to plant. If space is limited, you'll want to consider those that furnish important nutrients generously and that also give good yields.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that the home garden can provide most of the vitamins A and C we need in the daily diet from early summer to late fall--if we plan wisely. The vegetables should be selected carefully, however, and a good planting schedule should be set up to assure production throughout the season.

Tomatoes are a good source of vitamin C and are easy to adapt to menu plans. Radishes--one of the earliest of vegetables--can contribute their bit of vitamin C. Cabbage, green peppers, and leafy vegetables of all kinds can be counted on for some vitamin C if they are used right from the garden. They give the best vitamin yield when they are served raw in tasty salads or cooked quickly in a small amount of water and served promptly.

All of the green and yellow vegetables are helpful in supplying the vitamin A quota. A wide variety of greens is possible throughout the season, provided a good planting schedule is set up. Early leaf lettuce can be followed by beet and turnip greens, broccoli, chard, and collards. For fall greens, turnips, beets, and lettuce can be planted a second time later in the season.

Homemaking Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 11, 1949

Buying a Refrigerator? Check Special Features

URBANA -- If you're in the market for a new refrigerator, it will pay you to consider the special features of the different models before you buy. Each "extra" adds to the cost, and you'll not want to pay for those that offer no special advantage to your family.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, warns that it does not pay to eliminate all special features. Certain ones will help you make the best use of your refrigerator. For example, a very useful feature is one that automatically brings the refrigerator back to normal operation after defrosting. This will eliminate food spoilage if you should happen to forget to turn the current back on.

An ice-tray release--a standard feature on many refrigerators--may prevent damage to the cooling system. An ice-cube release does away with the wasteful practice of using hot water to take cubes from the trays, and it's a time-saver, too.

Adjustable shelves that can be used at different levels will make your refrigerator space more adaptable to family needs. A divided shelf also fits the available space to what you'll have to store. A covered vegetable crisper provides proper storage for fresh vegetables. If built in, or especially designed to fit the refrigerator, it will help use space to advantage.

Limes--To Add Zest to Springtime Meals

URBANA -- Tart, tangy limes are a first-rate remedy for humdrum meals. Any food served with vinegar or lemon juice will take kindly to limes.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says salads and salad dressings are unusually tasty with lime juice. Use it in your French dressing in place of vinegar for fresh fruit or seafood salads. A fruit cup--served either at the start or the finish of a meal--is delicious when flavored lightly with honey mixed with lime juice.

Lime juice added to the melted butter you serve over spinach, green beans, and carrots adds fine flavor. A dash of lime juice added to chilled fruit juice makes it even more refreshing. Lime sherbet, lime chiffon pie, and lime freeze are good dessert choices for special occasions and are not difficult to prepare.

Food Processing Versus Nutrition

URBANA -- Dr. Louis B. Howard, head, department of Food Technology, University of Illinois College of Agriculture, is scheduled to speak at the Illinois State Nutrition Conference Friday evening, May 6, Springfield, Illinois. He will discuss the relationship of food processing to nutrition.

Dr. Howard, a native of McLean county, Illinois, is a graduate of Purdue University and has his master's degree and doctorate from the University of Chicago. Before coming to the University in 1948, he was chief of the bureau of agricultural and industrial chemistry, U. S. Department of Agriculture, Washington, D. C.

The nutrition conference will open Friday, May 6 at 1 p.m. (DST) and close at noon, Saturday, May 7. All sessions will be held in the Centennial Building and are open to the public. A small registration fee will be charged. You are invited to attend.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 12, 1949

New Carrots--Minus Their Tops

URBANA -- Many of the new carrots coming to market these days are minus their tops. This is a result of storms and cold weather in winter production areas, according to the U. S. Department of Agriculture. These carrots are good buys and should not be confused with old stock carrots from storage.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says missing tops do not affect the value of carrots. Nutritionally they are just as good as those with green tops, provided they are crisp and fresh. They deserve an important place in our food plans.

It's a good idea to keep crisp carrot sticks in the refrigerator for the children to nibble on between meals. They'll supply plenty of vitamins, and there'll be no spoiled appetites at mealtime.

Carrots combine well with a number of other vegetables. Peas and carrots are a favorite, of course, but have you tried carrot strips cooked with celery? Carrots glazed with tiny whole onions in orange juice and honey are another popular combination. Or try carrots parsleyed with new potatoes. If you're serving lamb, cook carrot strips and serve them with butter to which you've added chopped parsley and fresh mint.

Monday, January 1, 1900

Vol. 1, No. 1

Price 10 Cents

Published by the Daily News Company

New York, N. Y.

The Daily News is a daily newspaper published in New York City. It is one of the largest and most influential newspapers in the United States. The paper is known for its comprehensive coverage of local, national, and international news. It also features a variety of other content, including sports, entertainment, and opinion pieces. The Daily News has a long history, having been founded in 1857. It has since become a trusted source of information for millions of readers. The paper is published every day except on Sundays and public holidays. It is available in both print and digital formats. The Daily News is a member of the Newsstand and is distributed to newsstands and other outlets across the country. It is also available online at the Daily News website. The paper is a valuable resource for anyone interested in current events and news.

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Buying Gas Refrigerator? Look for AGA Label

URBANA -- If you are considering a gas refrigerator, look for the AGA star of approval. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that this seal is important. It shows that the equipment meets the requirements set up by the American Gas Association and adopted by the American Standards Association.

Check the equipment, also, for the seal of the Underwriters' Laboratories. The letters UL stand for safety. They mean that the refrigerating system and connections have been thoroughly checked and approved as safe.

Baby's Special Garments--How to Launder

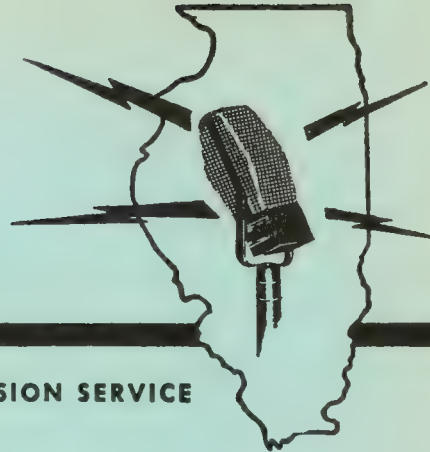
URBANA -- Hand-knitted and crocheted hoods and caps and booties are popular gifts for the new baby. How to launder them so that they will keep their soft texture and original measurements is the problem.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, recommends washing them by hand. Use lukewarm or cool water only, and a very mild soap. Rinse the articles thoroughly--two or three times--in water the same temperature as is used for washing.

Squeeze them as dry as possible; then roll them in a towel. Do not twist or run them through the wringer. When the excess moisture has been removed, pat them into shape and dry them flat on a towel.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 13, 1949

Cancer--Let's Fight It

URBANA -- Cancer is no respecter of persons. It can strike anyone and at any time. This month--April--has been designated as Cancer Month, the country over, by the American Cancer Society. The campaign is on to raise funds for study and research and to give authentic information about preventing cancer.

Miss Fannie M. Brooks, associate professor of health education, emerita, University of Illinois, member of the field staff of the Illinois division of the American Cancer Society, says the only defense against cancer at the present time is KNOWLEDGE. Cancer often gives some kind of warning in its early stages. It is important to learn the danger signals--there are seven--and consult your doctor promptly if any one of these signals appear.

Information about cancer danger signals can be secured from the American Cancer Society, 47 Beaver Street, New York, N. Y. or from your state cancer division or your local group. Doctors, nurses, and civic and community groups also have literature for distribution.

Last year cancer killed over 175,000 Americans--20 every hour. Cancer is curable in a large percentage of cases, provided it is diagnosed early and treated adequately. Delay is dangerous.

Canning Equipment--Boiling Water Bath

URBANA -- The boiling water bath is standard equipment for canning acid fruits and tomatoes. However, before you buy, check the equipment you have on hand. Perhaps by combining several pieces you can improvise a satisfactory water bath.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says you can use your pressure canner as a boiling water bath if you wish. Place the lid on the canner as usual, but do not fasten the clamps. Use the rack to keep the jars off the bottom of the canner, and follow the processing directions for water bath canning.

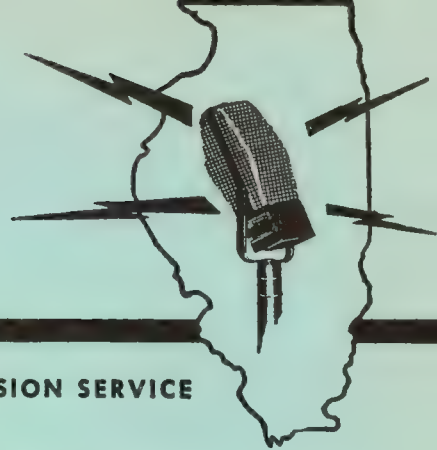
A large deep kettle can also be used for a boiling water bath. Equip it with a rack to hold the jars off the bottom and a tight cover to keep in the steam. Some homemakers who do canning on a large scale use a wash boiler and equip it with a wooden or wire rack.

If it is necessary for you to buy a boiling water bath, be sure to check the size you need. Some types are sized for pint jars, some for quart jars. A few stores stock water baths that will accommodate 2-quart jars and tall bottles.

Be sure to check the depth of the equipment with the rack in place, and estimate the space between the top of the jars and the cover. There should be at least 2 or 3 inches of space between the jar tops and the cover to allow steam to circulate freely and to make it easier to handle the jars.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 14, 1949

Flowering Trees--Choose, Plant With Care

URBANA -- Flowering trees can add to the beauty of spring around your home, and now is the time to plant them if you're going to put some in.

H. W. Gilbert, landscape gardening specialist at the University of Illinois College of Agriculture, says such trees should be planted by the middle of April or soon afterwards. In northern Illinois they can be planted a little later. But if you do miss the best spring planting season, some of these trees can be planted in the fall.

Among the flowering trees that do well in Illinois are the redbud, serviceberry, crabapple, saucer magnolia, and flowering dogwood. The dogwood thrives best in the southern two-thirds of the state. And if redbud is to be planted in the northern part of the state, it's best to get a northern strain. Otherwise the trees may not do well in that climate.

It's wise to know where you're going to plant a tree before you choose one to fit into your landscaping plan. The reason is that trees may vary in color of blossoms, the foliage, or height. This is especially true of crabapple trees. The different types grow from 8 to 40 feet tall. They also vary in color of blossoms and foliage.

You may choose a Bechtold variety of native crab or an Asiatic or Siberian strain. The latter types are more disease resistant.

Crabapple varieties include the Arnold, Eastern flowering, red-fruited Chinese pear leaf, purple, Sargent, Chinese flowering and Zumi.

NJM:lw
4/11/49

Asparagus--Freeze Top-Quality Only

URBANA -- Asparagus from southern areas is coming to market, and very soon home gardens will be producing. If you're planning to preserve some for winter meals, you'll want to select top-quality produce only.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, recommends freezing asparagus if you have a home freezer or locker space. It is one of the vegetables that seems to lose a great amount of texture, color and delicate flavor when canned.

To prepare asparagus for freezing, wash and trim the stalks and discard all tough portions. Cut the stalks into lengths to fit the cartons or into 1-inch sections, depending on how you plan to serve it.

Blanching is the next step, and it should be done with your eyes on the clock. Plan to work with small amounts of the vegetable at one time, and complete the processing and packaging promptly. Weigh the asparagus and place it in a wire basket or sieve. Lower it into a kettle of rapidly boiling water, allowing six quarts of water for every pound of the vegetable. Cover the kettle and blanch for exactly 3 minutes. Count the time from the instant you lower the basket into the water, and keep the kettle over the heat throughout the period.

At the end of the 3-minute period, plunge the basket into a container of cold water and hold under cold running water until the asparagus is thoroughly chilled. If running water is not available, use several containers of cold water. Transfer the asparagus from one to the other, keeping the water cold.

When the product is thoroughly chilled, drain and pack it into cartons. Seal the cartons and freeze immediately. If there is delay in placing it in the freezer, store in the refrigerator, but not longer than for 3 or 4 hours. The temperature of your refrigerator should be approximately 38-45° F. in order to hold the asparagus in good condition.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 15, 1949

Roast Lamb--For Easter Dinner

URBANA -- Lamb, unlike other meats, seems to identify itself with the spring season, along with garden lettuce, young onions and fresh mint. If roast lamb is traditional for your Easter dinner, plan to serve it. If you are counting food pennies rather carefully, suit the cut to your pocketbook.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that there is wide variety in cuts of lamb to roast. Of course, cuts from the hind saddle are considered more choice than those from the fore, but they are likewise higher in price.

A rolled boned shoulder of lamb is a comparatively inexpensive small roast. If you prefer, stuff the bone pocket with a tasty dressing instead of rolling the roast. The dressing will extend the servings and add good flavor to the meat. Breast of lamb is another low-cost cut which is suitable for roasting.

Currant Mint Sauce is a delicious accompaniment for roast lamb and a change from the plain Mint Sauce. And it is easy to prepare. With a fork soften a glass of currant jelly, but don't beat it. Blend in 1/2 tablespoon of finely chopped mint leaves and 1/2 teaspoon of grated orange rind. Let stand 20 to 30 minutes to blend the flavors, and send to the table along with the roast.

Glazed apricot halves are another favorite with roast lamb. Use the dried apricots, and simmer them in a small amount of water or steam them until they are barely tender. Sprinkle the halves lightly with sugar, and place them in the pan with the roast about 20 minutes before the end of the cooking period.

Asparagus--How to Can

URBANA -- If you are planning to can asparagus, be sure to use a pressure canner for the processing. It is a low-acid vegetable, and a temperature higher than the boiling point is necessary for safe canning.

Select top-quality asparagus only. Wash the stalks carefully and discard all tough portions. Cut the stalks into pieces the length to fit upright in the containers, and tie them in small bundles to make them easier to handle. Place the bundles upright in a kettle with enough boiling water to cover the lower part of the stalks. Cover the kettle and boil for exactly 2 minutes.

Drain the asparagus and pack it hot into the containers, removing the string as the stalks slip into the container. Add 1/2 teaspoon of salt per pint, and cover with boiling water. Process at 10 pounds' pressure, allowing 30 minutes for pint jars and No. 2 cans and 35 minutes for quart jars.

If you prefer, cut the stalks into short lengths. Cover them with boiling water and boil for 2 minutes. Drain and pack hot into containers. Add 1/2 teaspoon of salt per pint and cover with boiling water. Process at 10 pounds' pressure, allowing the same length of time as for processing the long pieces of stalks.

Measure the Load--For Your Washing Machine

URBANA -- Your washer is designed to wash a certain number of clothes. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, advises that you put in only the load recommended by the manufacturer. Too many clothes may overload the motor, and most machines do a more efficient job of washing if the load is right in size.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 16, 1949

Sauce for Fish--Use Sour Cream

Urbana--An endless variety of dressings may be served with fish. The secret is to add just the right amount of seasoning to enhance the delicate fish flavor rather than to mask it.

Sour cream can be used as the basis for preparing a number of different fish sauces. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends this easy-to-prepare one: To a half cup of whipped sour cream, add 2 table-spoons of vinegar and a dash of tobasco sauce and salt to taste. Then just before serving, blend in 1/2 cup of finely chopped or grated cucumber. Be sure the cucumber is thoroughly chilled, and blend it in carefully.

National Home Demonstration Week--In Illinois

Urbana--National Home Demonstration Week is scheduled for May 1-7. More than 3 million women who have taken part in home demonstration activities throughout the U.S. this past year will highlight their achievements.

Mrs. Kathryn VanAken Burns, state leader of Home Economics Extension, University of Illinois College of Agriculture, says that groups in every county in Illinois are planning to participate. More than 50,000 women are enrolled in the 102 counties.

Some groups are planning community meetings to highlight their work. Others are arranging for exhibits and displays. Still others are concentrating on their special projects and activities.

Radio News

Published by the Radio News Company, 1000 Broadway, New York, N. Y.

Vol. 1, No. 1, January 1, 1911

THE RADIO NEWS

The Radio News is a weekly publication devoted to the dissemination of information concerning the progress of radio communication. It is published by the Radio News Company, 1000 Broadway, New York, N. Y.

The first issue of the Radio News was published on January 1, 1911. It contained a number of articles of interest to the general public, and was well received. Since that time, the publication has continued to grow in popularity, and is now one of the leading authorities on the subject of radio communication.

The Radio News is published weekly, except on Sundays and public holidays. It is sold at a price of five cents per copy, and is also available in larger quantities at a special rate. Subscriptions may be ordered from the Radio News Company, 1000 Broadway, New York, N. Y.

The Radio News is a valuable source of information for all those who are interested in the progress of radio communication. It contains a wealth of material, including news, articles, and reports, which are all carefully selected and edited for the benefit of the reader.

The Radio News is published by the Radio News Company, 1000 Broadway, New York, N. Y.

THE RADIO NEWS COMPANY

The Radio News Company is a corporation organized under the laws of the State of New York. Its capital is \$1,000,000, and it is owned by a number of prominent financiers and business men. The company is engaged in the publication of the Radio News, and in the operation of radio communication systems.

The Radio News Company is a leading authority on the subject of radio communication, and its publications are widely read and highly respected. The company is also engaged in a number of other business enterprises, and is one of the most successful corporations in the United States.

The Radio News Company is located at 1000 Broadway, New York, N. Y.

Holiday Week-End--Use Extra Caution in Driving

Urbana--This week ~~and~~ highways and streets will be more crowded than usual. Buses, family cars, and trolleys will be loaded to capacity. Extra caution will be needed to prevent accidents.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that driving the family car is a big responsibility. Even if we drive well and keep our car in good condition, we have the further responsibility of watching out for the careless acts of other drivers and of pedestrians.

Let's make it a rule to drive at a safe speed at all times and observe traffic regulations to the letter. Let's be prepared to "yield" as much as possible to avoid an accident. Let's remember that accidents don't just happen! There is always a cause!

Special Milk Drinks--Make Them at Home

Urbana--If you have difficulty in maintaining the milk quota in family menus, why not serve milk drinks occasionally? They are popular with grown-ups as well as children and are fine for the between-meal pick-up.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, recommends eggnog. It has long been a favorite milk drink and is one that is packed with nutrients.

Prepare the eggnog by mixing an egg, one teaspoon of sugar, a few drops of vanilla, a dash of cinnamon or nutmeg, and a tall glass of milk. Modify the flavor by adding malted milk or canned or fresh fruit juices.

Milk Fizz is another favorite that is easy to prepare. To half a glass of cold carbonated beverage, add flavoring--honey, sweetened fruit juice, chocolate syrup. Fill the glass with coldwhole milk, stir slowly, and serve immediately.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 18, 1949

Honey--For Cakes

Urbana--It is quite easy to substitute honey for sugar in making cakes if the amount of liquid called for in the recipe is adjusted. Measure for measure, honey has practically the same sweetening power as sugar.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says cakes are usually better in texture when only half of the sugar is replaced by honey. Reduce the liquid by 1/4 cup for each cup of honey used, or in the same proportion for fractions of a cup.

Honey is in good supply at present and reasonable in price. It adds delicious flavor to baked products of all kinds--cakes, cookies, muffins, puddings. However, products containing honey brown more readily than those made with sugar. Baking temperatures and baking time should therefore be checked carefully.

Your Washing Machine--Check the Water Line

Urbana--The water line on your washing machine is important. Use it as a guide in measuring the amount of water needed to do an efficient job of washing. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, warns that too much water can make serious trouble.

If the tub is too full, water may run down the center shaft into the oil and gear case. This will necessitate calling a repair man. Put enough water in your machine to reach the water line when the clothes are in. You'll soon learn the right amount by experience. Start the motor before you put the clothes into the water.

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Continued from page 1

and the other side of the coin.

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The first of these is the fact that the radio industry is now facing a new and serious threat to its existence. This is the result of the fact that the radio industry has been unable to keep pace with the rapid changes in the field of electronic communication. The second of these is the fact that the radio industry has been unable to keep pace with the rapid changes in the field of electronic communication.

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Should Children Obey? The Answer Is "Yes"

Urbana--There is much discussion these days about the so-called modern method of rearing children and its merits. There is talk about the responsibility of parents and their attitudes. Always comes the question: "Should children obey?"

Dr. Nellie Perkins, director of the child development laboratory, University of Illinois College of Agriculture, says the answer is "yes." It is important that children learn to obey, but adults must be fair and intelligent in their demands.

Many adults ask the impossible of children--quite unintentionally of course. They do not know the child's limitations in strength, judgment, experience or skills. They do not realize that children tire quickly and are easily excited, that their attention is short and that they are unable to keep to a long-time goal. To help children obey, adults must learn to see things through a child's eyes in order to sense how things look to him and what he is trying to do.

A child's safety, his health and his belief in himself all depend on the early acceptance of necessary rules and belief in the adults who guide him. He has to learn to make wise decisions and to live comfortably and easily with others. He has to learn to be master of himself and to be sure that he knows what is expected of him in ordinary situations. Then it will and must be a challenge to him to work his way out of difficulties in terms of what he knows.

Obedience through knowledge and experience in the home is the first step toward a child's independence. He needs help and understanding. He has everything to learn. It may be hard to believe, but he really likes to please grown-ups. He wants to be "big" and do the right thing--if only he knows what is wanted and how to do it.

Children need to have recognition and the feeling that someone believes in them. If they have these things, they will work hard to gain our approval. We adults must point the way by being fair and reasonable in our demands.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 19, 1949

Cheese--Supply Is Heavy and Price Reasonable

URBANA--Stocks of cheese are heavier than they were this time last year, and the seasonal increase in production has commenced. Wholesale prices have declined 10 to 30 percent from levels a year ago, according to the U. S. Department of Agriculture. Let's check prices at local stores and take advantage of "good" buys.

Cheese has plenty to recommend it from the standpoint of food value and ease of preparation. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that it is an abundant source of protein and food energy. It is likewise rich in minerals, vitamin A, and riboflavin.

Cheese omelet is excellent fare for lunch or supper, and no special recipe is needed. Add grated cheese to your favorite omelet mixture before you turn it into the pan to cook. Or, if you prefer, spread paper-thin slices of cheese over one-half of the cooked omelet before you fold it.

Grated cheese is a fine topping for any number of cooked vegetables and can be used in place of a sauce. Sprinkle it over broccoli, asparagus, and spinach just before serving. Cheese is also a good companion for baked potatoes. Split the potatoes, season with salt, and add a generous portion of cheese to each potato. Return the potatoes to the oven just long enough to melt the cheese. Add a dash of paprika and send them to the table piping hot.

THE NEW YORK TIMES

The New York Times, in its issue of January 1, 1941, contains a long and detailed article on the radio industry. The article is written by a well-known journalist and is one of the most comprehensive and authoritative on the subject. It covers the history of the radio industry, its present status, and its future prospects. The article is a valuable source of information for anyone interested in the radio industry.

The article is written in a clear and concise style, and is well organized. It begins with a brief history of the radio industry, and then goes on to discuss the present status of the industry. It covers the various types of radio stations, the different types of programming, and the various methods of advertising. The article also discusses the future prospects of the radio industry, and the challenges it faces.

The article is a valuable source of information for anyone interested in the radio industry. It covers a wide range of topics, and is written in a clear and concise style. It is well organized, and is a valuable source of information for anyone interested in the radio industry.

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Learning to Dress--Your Child Needs Help

URBANA--At what age should my child be able to dress himself? How much help should I give him? What can I do to speed the dressing job--to prevent dawdling? These are questions that seem to give many mothers concern.

Dr. Nellie Perkins, director of the child development laboratory, University of Illinois College of Agriculture, says that all normal, well children can learn to dress themselves with more or less ease by their fifth birthday. However, patience and calmness and understanding are necessary on the part of the mother.

Perhaps it will help if you remember that the business of dressing is your idea--not your child's. It is a difficult and detailed problem for him. He is easily distracted and can't keep to a goal. There is no "next" interest for him, and he doesn't care whether dressing takes all day.

Simple, loose garments with a few large fasteners that he can learn to handle are an essential. Openings must be large enough for him to slip the garments on and off in any position. A regular time, place, and order for dressing are important. There must be no toys or pets around, and it is best to dress away from all household activities.

Lay out the clothing in the correct order and in the best position for him to get into it. At first hand him each garment so that he can get his legs and arms into the right openings. You'll have to help him find the front and the back. Name parts and actions correctly--"this is the front," as you button him up; "here is the shoe for this foot," as you touch the shoe to his foot.

When he has mastered this stage, stop handing him garments. Watch to see that he does not get them out of position. Name the order for him--"first your shirt, now your panties," and on through the sequence. Help him only when he can't manage or when you see that he is getting too tired or is becoming discouraged. Approve his efforts, and encourage him. Let him work out his own experiments and have the thrill of achieving. Remember that daily pleasant supervision is important and will be needed for a long time. Don't get discouraged!

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 20, 1949

Angel-Food and Sponge Cakes--Good Time to Bake

URBANA--Frozen baked angel-food and sponge cakes, when defrosted, are very similar in quality to freshly baked cake. If you have extra space in your home freezer, why not bake several now and tuck them away for emergency occasions? Eggs are in good supply and are probably as low in price as they will be this season.

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says to use your own tested cake recipe. After baking, invert the pan and cool the cake for an hour. Then remove it from the pan carefully, using a sharp knife to loosen it from the sides.

Heat-seal the cake in cellophane or in metal foil, using a curling iron or a warm flatiron and wooden block. Avoid mashing the cake or wrapping it too tightly. Place it in a sturdy box and freeze it immediately.

To serve, defrost the cake in the wrapper. Place it on a cake rack for 2 to 3 hours at room temperature or in a slow even (300°F.) for 20 to 30 minutes. Allow the cake to come to room temperature, and serve it at once.

Delicious angel food can be made from frozen egg whites. Often freezing the whites is more practical than freezing the baked cake. A pint container will hold the right amount of whites for one cake.

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L. H. Simerl to Speak at State Nutrition Meeting

URBANA--Professor L. H. Simerl, department of agricultural economics, University of Illinois College of Agriculture, will speak at the opening session of the Illinois State Nutrition Conference Friday afternoon, May 6, Centennial Building, Springfield, Illinois. His topic for discussion is "The Economic Outlook."

Professor Simerl is a graduate of the University of Illinois and has studied at the University of Chicago. Before returning to the University in 1947, he was director of research for the Illinois Agricultural Association.

All sessions of the conference, the exhibits, and the social hour scheduled for Friday evening will be in the Centennial Building. The conference will run on DAYLIGHT SAVING TIME. The registration fee will be 50 cents per session or \$1.00 for the conference. All sessions are open to the public.

* * * * *

Oranges--On the Plentiful List

URBANA--While we're waiting for early home-produced fruits, let's make good use of oranges. The U. S. Department of Agriculture reports them plentiful now throughout the midwest, and they are a good fruit buy.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, advises care in buying oranges. Check to be sure the fruit is firm and has no soft spots where spoilage may start. If you are buying the oranges for juice, "weigh" them in your hand. If they feel heavy for their size, they're probably loaded with juice.

Fresh orange juice is packed with vitamin C and deserves an important place in menu plans. Instead of serving it as a "starter" for breakfast only, include it in other meals of the day and serve it for the between-meal pickup. Use it in preparing chilled and frozen desserts. Add it to puddings and to dessert sauces.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 21, 1949

Cod Liver Oil Stain--How to Remove

URBANA--Cod liver oil stain on clothing is not difficult to remove provided you catch it in time. The chief difficulty is that it frequently does not show up until the material is put into water.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says to make it a rule to examine the clothes carefully for traces of cod liver oil before you wash them. Soak the stains in carbon tetrachloride (Carbona is trade name), which can be purchased at most drug stores. Then wash the garment in hot mild suds and rinse well.

Old stains that have turned brown with ironing may have to be bleached out. If you are working with colors, try a mild bleach first in order not to remove more of the color than necessary. However, a white or faded spot is usually considered more desirable than a brown stain, and a strong bleach may have to be used.

Illinois Safe Homes Enrollment

URBANA--Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reports that 44 counties have sent in their enrollment for the Illinois Safe Homes Program to date. More than 10,000 families are participating in the project. This is the seventh year the program has been under way.

Rhubarb--How to Freeze

URBANA--If you're planning to freeze home-grown rhubarb, use the early crop. It is usually better in flavor and texture and more attractive in color than later in the season.

Dr. Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture, reminds us that only first-quality rhubarb should be used. Freezing does not improve either the flavor or texture.

Use the tender stalks and cut them into pieces about 3/4-inch long. Weigh the rhubarb and blanch it. Place it in a wire basket or sieve and allow 2 1/2 quarts of boiling water per pound of rhubarb. Blanch for exactly 1 1/2 minutes, counting the time from the instant the product is lowered into the water. Keep the container over the heat throughout the period.

Remove the rhubarb from the blanching bath and cool quickly under running water. If running water is not available, have several large containers of cold water at hand and transfer the rhubarb from one to the other. Rapid cooling is necessary for a quality product.

Package in containers that have a tight seal and do not leak. The more nearly moisture-proof and vapor-proof the carton, the better the frozen product will be. As soon as possible, transfer the filled cartons to the freezer. If delay is necessary, store them in your refrigerator, but not for longer than three or four hours. Always remember that the shorter the time between harvesting and freezing, the better the frozen product will be.

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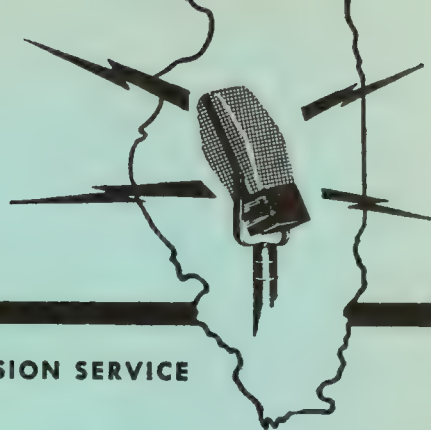
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 22, 1949

Refinishing Furniture? Filler Is Important

URBANA--If you're refinishing furniture, give attention to the filler before you add the new finish. If the original filler has been removed, the pores of the wood should be filled with a paste or liquid so that the furniture will have a smooth, even surface.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says the kind of filler to buy depends on the kind of wood you're refinishing. A liquid filler is desirable for close-grained woods, such as birch, maple and yellow pine. A paste filler is better for open-grained woods, such as mahogany, oak, and walnut.

Liquid filler is easy to apply. For best results, follow the directions on the container--and to the letter. A paste filler must be thinned to a brushing consistency. Use turpentine or benzine for thinning, and then apply the filler with a stiff brush, working first across the grain of the wood and then with the grain.

Let the filler set a few minutes, or until the surface becomes dull; then remove the excess. Rub the wood surface with a clean, closely woven coarse cloth like that used in feed sacks. Use a circular motion or work across the grain. Smooth the surface with fine sandpaper or steel wool and dust with soft cloths.

Fish for Family Menus--How Much to Buy

URBANA--Supplies of fresh and frozen fish are abundant, and prices in most markets are reasonable. One of the problems for inexperienced "cooks" is to know how much fish to buy.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says it is important to buy as you need, for fish is very perishable. The amount to buy depends first of all on family appetites, but a general guide will help.

When you buy fish steak or fillet, allow one-third pound for each serving. If your choice is a whole fish allow one pound per serving, as there will be considerable waste. When you buy a dressed fish, one half pound per serving is a safe allowance.

Ice Cream-Fruit Drinks Are Popular

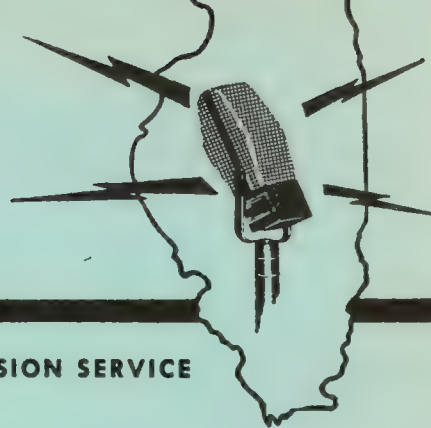
URBANA--Ice Cream-Fruit Drinks are fine tasting and highly nutritious. Good weather and out-door activities make them popular for after school snacks.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that we prepare them at home. Place a serving of ice cream in a tall glass, and blend in a small portion of fruit juice. Then fill the glass with chilled fruit juice.

Various flavors, such as pineapple, apricot, orange, and grape, can be used. Interesting flavors can be made by combining two or even three juices.

Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 23, 1949

Ground Beef--for Thrifty Meals

URBANA--How many different ways do you know to serve ground beef? Of course hamburgers are favorites and easy to prepare, but they can become monotonous if served too often. Ground beef is a good mixer and it is thrifty.

Have you tried ground beef broiled on toast? Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends it for lunch or supper. Serve hot spiced peaches or crab-apples 'longside for extra flavor. Or, if you prefer, broil canned peach halves or pineapple rings with the meat instead of the spiced fruit.

Pan-fried meat patties with cream gravy are another version your family will enjoy. Fry small pieces of good-flavored suet in the pan. Drop the seasoned meat mixture by spoonfuls into the fat, and flatten out into fairly thin cakes. Fry slowly until the cakes are brown on both sides. Make the cream gravy with the pan drippings, and serve hot over the meat. Baked onion rings are a delicious accompaniment.

Meat loaf can be just ordinary or it can be extraspecial. Seasoning and method of serving can make the difference. Simmer finely minced onion, celery and parsley in a small amount of fat until barely tender--do not allow to brown--and add to the meat mixture. Use soft breadcrumbs, toasted, for the thickening agent or binder instead of flour. Serve with a tasty tomato gravy. Prepare the gravy in the baking pan, using part or all tomato juice for the liquid.

Volume 1, Number 1

Published by Kable News

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Your Refrigerator--Check the Motor

URBANA--How much does the motor of your electric refrigerator run? Have you checked it? At normal setting it should not run more than about one-third of the time under average kitchen temperature conditions. If it runs more than the usual time, it should be checked.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says the first place to check is the door closing. Make sure that warm air is not leaking into the cabinet. Sometimes the door gasket gets brittle and hard and no longer seals the door tightly.

To test the tightness of the gasket, close the door on a piece of ordinary wrapping paper. If the paper pulls out easily, the gasket is not tight enough to keep warm air from seeping into the cabinet. This might be the fault of the door.

The next step is to check the latch and the hinges. Try tightening them to make the door fit more snugly. Test again with paper. If the door still does not close tightly, it may be necessary to replace the gasket.

Make every inch of space in your refrigerator count, but don't overload it. Heavy store wrappings, cardboard cartons, and tops of vegetables have no business in the refrigerator. Nor have oversized containers. Use those that fit the things you have to store. After quick freezing, return the temperature control to the normal setting just as soon as the job is done.

Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 25, 1949

Quick Freezing of Foods Important to Quality

URBANA--Last year more than 3 million farm families and about 1 million town families used freezer locker units. In those units they stored about one and three-fourths billion pounds of food, mostly home grown.

Freezing is a popular way to preserve fruits, vegetables, and meats. It saves vitamins, color and flavor of the produce, as well as time and energy for homemakers. However, for quality products the processing rules must be followed to the letter.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says that the importance of quick freezing is often overlooked. Foods should be frozen as soon as possible after they are packaged. At the locker plant, have foods frozen in the fast freezing room, if one is available, before placing them in your locker.

If you have a home freezer, be sure the temperature of the freezing compartment is 0°F. or lower. Don't freeze too many packages at once. The directions that came with the unit will tell you how much food to freeze at one time or in a 24-hour period.

Place the packages against the freezing plates or coils, but don't stack them. Spread them out so that air can circulate between them. Remember that thick or heavily wrapped packages take longer to freeze than medium-sized packages with only enough paper to protect the food. After freezing, store the food at 0°F. or lower. At higher temperatures foods lose color, flavor, texture and nutrients.

Potatoes--How Do They Score?

URBANA--Vitamin C, thiamine or vitamin B₁, iron, protein, starch--so reads the list of food values present in potatoes. Best of all, they are on your grocer's plentiful list, and prices are right for family pocketbooks.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says, if you must peel potatoes, keep the peelings thin. Prize minerals lie close beneath the surface. To get the most for the money you spend for potatoes, don't peel them. Cook them in their jackets and save both energy and nutrients.

Window Shades--How to Clean

URBANA--Don't discard window shades just because they are soiled. If they are in reasonably good condition otherwise, try cleaning them at home. The job is not difficult, but it does call for time and considerable patience.

Before you start to clean the shades, determine whether they are washable or nonwashable. Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture says the cleaning method varies, depending on the type of shade. The label on the shade or the roller should carry the information.

If the shade is washable, lay it flat on a large table. Remove as much of the soil as possible with a soft cloth. Then wash with a soft cloth or sponge and soap jelly. Apply the jelly to a small area at a time, and thoroughly rinse off all soap with a sponge or cloth wrung dry out of clear water. Clean the other side, and let the shade dry thoroughly before you re-roll it.

To prepare the soap jelly, pour 1 cup of hot water over 2 cups of mild soap flakes. Beat to a jelly with a rotary egg beater. Wall-paper cleaner or a chemically treated sponge may be used instead of the soap jelly.

If the shade is not washable, lay it flat on a large table and, using a soft brush wall-paper cleaner or a chemically treated sponge, clean it on both sides.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 26, 1949

Refrigerator Care--Check Condenser

URBANA--Don't overlook the condenser when you clean your refrigerator. In some types of refrigerators it needs attention every month; in others, a thorough cleaning every 3 or 4 months is sufficient.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says it is important to keep the condenser free from dust and lint if you want the equipment to give efficient service. It releases into the outside air the heat taken from the food compartment. It is located either in the motor compartment or at the back of the refrigerator.

Use a stiff brush to do the cleaning job. Or the dusting tool from your vacuum cleaner is an excellent tool. If your refrigerator is electric, make it a rule to disconnect it before you clean the condenser.

Oiling the refrigerator is another job that calls for regular attention. If your equipment has an open-type unit, check the oil when you have it disconnected to clean the condenser. Follow the manufacturer's directions to the letter in doing the oiling. A sealed-in motor unit is permanently oiled before it leaves the factory.

JEH: jd

Fish--Good Quality and Plentiful

URBANA--If you are interested in quality food at a reasonable price, check supplies at your local fish counters. Many of the shipments coming to midwest markets these days are unusually good quality, and wholesale prices have dropped markedly on a number of varieties.

Yellow pike is a good choice in many markets, according to Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Plentiful supplies have brought wholesale prices down, and the reduction is reflected at retail counters.

Heavy shipments of smelt to midwest markets have brought wholesale prices to a new low for the year. Wholesale prices on trout--usually higher than many other kinds of fish--have declined about 50 percent during the past week or ten days. Lake herring is another good choice in many markets from both quality and price standpoints.

Cancer--Calls for Action

URBANA--Miss Fannie M. Brooks (associate professor of health education, emerita, University of Illinois College of Agriculture), member of the field staff of the Illinois Division of the American Cancer Society, reminds us that as yet there is no anti-toxin or serum to protect us from cancer. The only defense at the present time is KNOWLEDGE.

Cancer is curable in a large percentage of cases when diagnosed early and treated promptly. This month--April--is Cancer Month the country over. The campaign is on to raise funds for the fight on cancer. Your help is needed. Contact your local cancer division or committee.

JEH: jd

The late 19th century was a period of rapid change and growth in the United States. The industrial revolution was in full swing, and the country was becoming more and more urbanized. The population was growing rapidly, and the economy was booming. The government was also becoming more involved in the lives of its citizens, and the social structure was changing. The late 19th century was a time of great progress and achievement, but it was also a time of great challenges and struggles.

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CHAPTER 10. THE LATE 19TH CENTURY

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 27, 1949

Eggs--Let's Tuck Them Into Sandwiches

URBANA--Egg sandwiches are popular fare for lunch or supper, provided we keep them interesting. They are quick to prepare and are easy to adapt to appetites. They offer variety aplenty when it comes to preparation and serving.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, sends along a number of ideas for using eggs in sandwiches. If the occasion calls for a hearty sandwich, add a portion of finely chopped cooked meat to the beaten eggs. Season to taste with a dash of Tabasco or Worcestershire sauce, salt and pepper, and cook over moderate heat until the eggs are set. Serve them on slices of crisp buttered toast.

Chopped hard-cooked eggs, minced pickle, and salad dressing to moisten makes a delicious filling for sandwiches. Serve it on whole wheat bread with tomato slices and celery sticks 'long side.

Another tasty combination is chopped hardcooked eggs, minced celery, pickle relish or chopped pickles, and minced cooked bacon or ham. Moisten the mixture with salad dressing and serve between slices of crisp buttered toast. Spiced peaches or crabapples are a delicious accompaniment.

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Oiling Floors? Guard Against Fire

URBANA--Linseed oil is popular for oiling floors. It will penetrate more readily and dry more quickly if one part of turpentine is used to four parts of oil. Guard against fire when you use them. BOTH ARE VERY INFLAMMABLE.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, cautions that there should be no flame in a room when you are preparing or using furniture or floor polish that contains linseed oil or turpentine. This warning applies to lighted cigarettes as well as to gas and oil flames.

Cloths used for rubbing and polishing should be stored in covered metal containers away from the heat, and preferably outside the house. When the oiling job has been completed destroy the cloths. Burn them out of doors--not in the furnace or the incinerator if the incinerator is indoors.

Your Pressure Canner--Release Steam Gradually

URBANA--Proper cooling of your pressure canner--releasing the steam gradually--is important to successful canning. A sudden drop of pressure inside the canner will cause trouble. It will pull liquid from jars and may cause tin cans to buckle.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says, if you are using glass jars to let the canner cool until the gage reaches zero. Then open the petcock gradually.

If you are using tin cans, you need not let the pressure fall to zero. Open the petcock as soon as the processing time is up, but be sure to open it gradually to let the steam escape slowly.

JEH:jd

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THE UNIVERSITY OF CHICAGO

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CHICAGO, ILL.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 28, 1949
(Hold until timely in northern Illinois)

Freezing Strawberries--Check Variety, Method

URBANA--Tempting red strawberries are coming on the market, ready to be frozen for future use. You can make sure of good results with freezing by selecting the right varieties and following recommended methods.

Miss Grace Armstrong, nutritionist at the University of Illinois College of Agriculture, stresses the need for using firm, ripe berries to freeze. Good varieties for this are Dorsett, Red-heart, Chesapeake, Fairfax, and Premier.

To prepare the berries, wash, cap, and drain them. Then they can be sliced or crushed--or left whole for freezing. If berries are sliced or crushed, mix 1 cup of sugar with each 5 cups of fruit.

If berries are left whole, put them into cartons and cover immediately with a 40-percent sugar sirup. Sirup is made by mixing sugar and water in the proportions of 1 cup sugar to 1 1/4 cups water. Stir sirup till all sugar is dissolved. It may be heated for quicker dissolving but be sure to cool it before using.

When putting fruit into containers, leave room at the top of each package to allow for contents to expand during freezing. Leave 1/4 inch of space in pints, 1/2 inch in quarts. Seal and freeze immediately.

NJM:lw
4/25/49

Work to Standardize Vanilla for Ice Cream

URBANA--How do you like your vanilla ice cream? A group of home economics students at the University of Illinois have been testing ice cream flavored with different vanillas to see which they preferred.

The students were taking part in a study set up by a commercial flavoring association to try to find out how the public likes various vanilla flavors. Findings will be used in setting up standards for a good vanilla to put in ice cream.

Results of student testing showed that preferences varied widely. Some preferred ice cream flavored with high-grade vanilla made from fresh whole beans. Some preferred other samples.

This testing ties in with the students' classwork. They are taking a foods course in which they study quality standards in commercial food products. Mrs. Glenna Lamkin, on the staff of the Home Economics Department, is in charge of this class study.

Since last fall, students have tested 4 different sets of ice cream. Two other groups are helping with the judging at the University. There's a collegiate group made up of staff members of the Dairy Technology Division and a commercial group made up of local ice cream manufacturers.

E. F. Strunk of the Dairy Technology Division, is in charge of setting up the study at the University.

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Subscription price, \$5.00 per annum in advance. Single copies, 15 cents.
Entered as Second-Class Matter, May 2, 1917, Post Office at Chicago, Ill.,
under No. 384,091. Acceptance for mailing at special rate of postage provided
for in Act of October 3, 1917, authorized on July 16, 1924.

Postage paid at Chicago, Ill., and at additional mailing offices.
Postmaster: Send address changes in this journal to THE JOURNAL OF THE
AMERICAN MEDICAL ASSOCIATION, 535 North Dearborn Street, Chicago, Ill. 60610.

Subscription orders, notices of change of address, notices of non-receipt,
and other correspondence should be sent to the Editor, The Journal of the
American Medical Association, 535 North Dearborn Street, Chicago, Ill. 60610.

Advertising orders and other correspondence should be sent to the
Business Manager, The Journal of the American Medical Association, 535 North
Dearborn Street, Chicago, Ill. 60610.

Published by the American Medical Association, 535 North Dearborn Street,
Chicago, Ill. 60610.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 29, 1949

Yeast Rolls--How to Freeze

URBANA--Yeast rolls from the home freezer simplify meal preparation when time is short, or when guests arrive unexpectedly. Now--ahead of food preservation season when freezer space is not limited--is a good time to experiment.

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says yeast rolls may be frozen after they are baked or they may be frozen as dough. However, tests indicate that rolls frozen as dough and then baked have a somewhat fresher and more pleasing aroma than those baked before freezing.

Use your standard recipe for yeast rolls--no special one is needed--and prepare them as usual. If you plan to freeze the rolls before baking shape them--after the dough has risen--and place them close together in a shallow baking pan. Wrap the whole pan immediately in cellophane or foil, heat-seal it and send to the freezer at once.

To serve, let the rolls thaw and rise in a warm place until light--from 2 to 2 1/2 hours will be needed. Bake them in a hot oven--400°-425° F.--for 15 or 20 minutes, depending on the size of the rolls.

If it is more convenient for you to store the baked rolls, cool them thoroughly, package them in cellophane or foil, heat-seal them and freeze them promptly. To serve, thaw the rolls by reheating them in their wrapping for about 25 minutes in a hot oven--400° F.

JEH:lw
4/25/49

Meat Stews--In Variety

URBANA--There's nothing more tasty than a piping hot, perfectly cooked stew. True, it does require more cooking time and more skill in seasoning than a steak or chop, but it is far easier on the pocketbook.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that 2 pounds of lean raw meat--without bone--will provide 5 or 6 generous servings of stew. Combine the meat and vegetables in any proportion you wish and add the vegetables when the meat is almost tender. Diced carrots, tiny onions, chopped celery, and diced potatoes are favorites.

Try new flavors and new combinations of flavors in meat and vegetable stews. It's a good way to keep them interesting. Thyme, bay leaf, and basil are particularly good with meat. Add them with a light hand--use them sparingly--until you learn family likes and dislikes. A dash of sage or a small portion of grated horseradish will add good flavor to meat and vegetable combinations. Many good cooks add chopped green peppers and brown them along with the meat before they add the liquid.

Once the stew is made there are many attractive ways to serve it. For variety, try a savory stew in a border of riced potatoes, or fluffy steamed rice. Serve it with dumplings or as a scallop with macaroni or spaghetti. Serve the stew as meat pie topped with golden brown biscuits, a pastry crust, or mashed potatoes.

When a quick-to-prepare stew is the order, use ground beef. Season the meat and shape it into small cakes or pats. Fry the cakes in a small amount of fat until well browned. Place them in a casserole or sauce pan and add the vegetables and liquid. Cover the utensil and cook slowly until the vegetables are tender.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 30, 1949

Corn Cobs--Grind Them for Summer Mulch

URBANA--Corncobs are valuable. Instead of burning them, grind them and add them to your garden soil. Dr. J. R. Kamp, associate professor of floriculture, University of Illinois College of Agriculture, says they are one of the most valuable materials you'll find for a summer mulch.

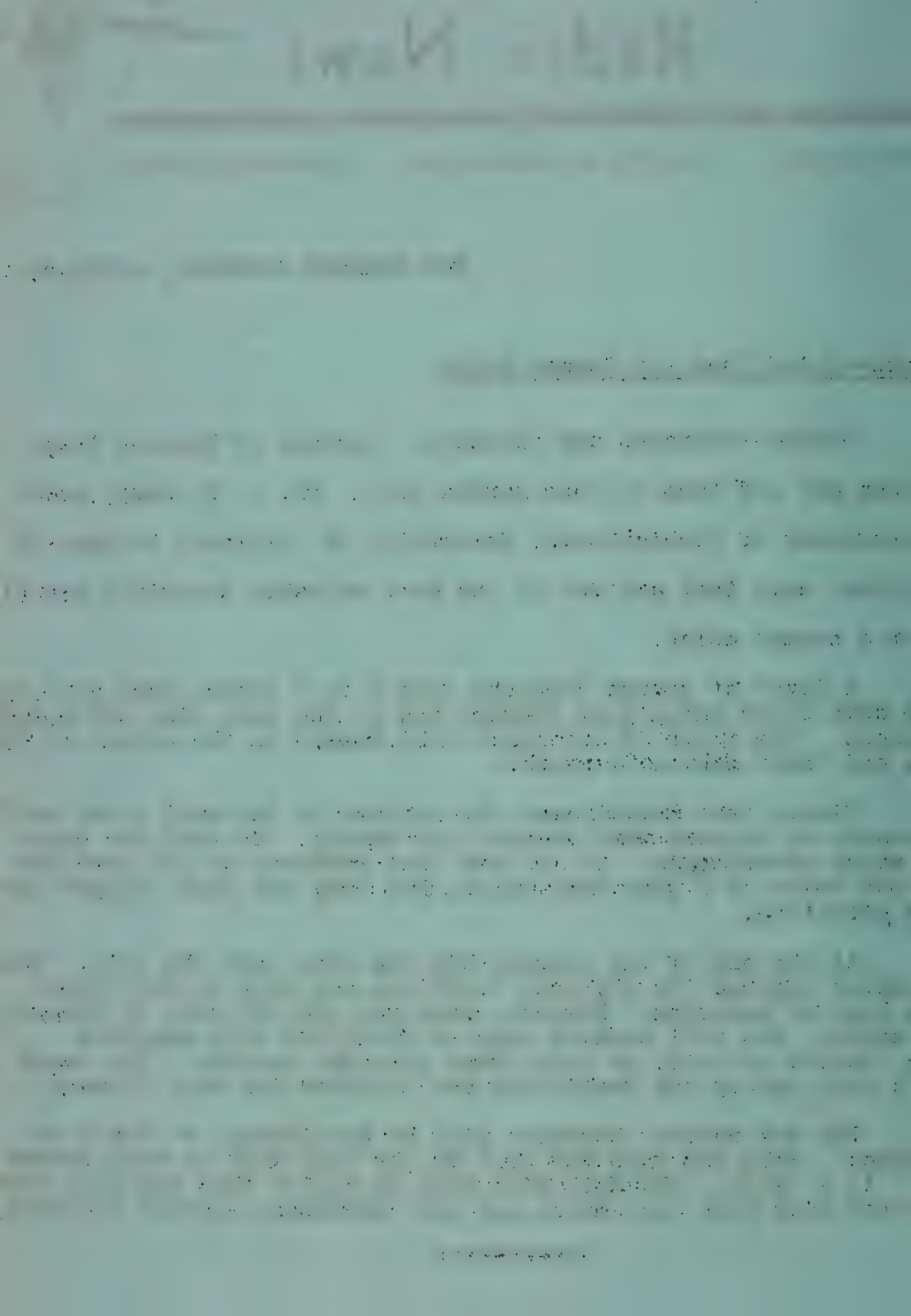
A layer of ground corncobs from 2 to 4 inches deep will help to keep down weeds among your flowers and at the same time add a note of neatness. The depth of the mulch will depend on the height of the flowers and their habits of growth.

Plants that branch near the surface of the soil often suffer from attacks by disease when covered too deeply. So vary the depth of the mulch accordingly. It is true that corncobs do not give the rich brown color of a peat moss mulch, but they are much cheaper and just as effective.

At the end of the season, dig the cobs into the soil. They will greatly improve its physical condition and help to hold water without loss of aeration. However, when you add the cobs to the soil in the spring, you will usually need to fertilize with ammonium sulfate, sodium nitrate, or some other nitrogen carrier. The decay bacteria will use up the fertilizer you intended for your flowers.

The end result, however, will be gratifying, so don't be discouraged. Cobs dug into the soil in the fall will be well rotted by spring. As a result, the soil will work so easily that you will never again throw away your best mulch and soil amendment--ground corncobs.

JEH:jd



National Home Demonstration Week--Homemakers Take Stock

URBANA--Tomorrow--May 1--marks the opening of National Home Demonstration Week. More than 3 million homemakers, located in every state as well as in Alaska, Hawaii, and Puerto Rico, will review work done during the past year and make plans for the months ahead.

The theme for the week's activities--Today's Home Builds Tomorrow's World. As these homemakers review the past year's accomplishments, they will give serious thought to the significance of their homes. What of today's home? Does it develop wholesome individuals and community leaders? What of its health facilities? What of its efficiency? Its safety?

These homemakers the country over do believe that today's home builds tomorrow's world. They believe, too, that it is their responsibility to see that the home is built strong and of the right materials.

It's Clean-Up Time--Let's Make Safety the Rule

URBANA--It's clean-up time, and young children will be on hand to help. They are ever-curious and usually as quick as lightning.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, warns that constant attention is needed to prevent accidents. Buckets or tubs or pans of scalding water should not be left unguarded for even a minute. Children may reach into or fall into them and a serious burn result.

Let's remember that accidents don't just happen--there is always a cause. Little children are our responsibility.

JEH:jd

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 2, 1949

Good Shears Necessary for Good Sewing

URBANA--The old adage, "a workman is known by his tools," holds true for home sewers. Only a few basic tools are needed, but those few should be quality tools and in good condition. A pair of shears and a pair of scissors are of first importance.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says to give attention to the material that goes into the tools. Forged steel is the best choice for both shears and scissors. It is very strong and hard and makes for a good cutting edge. You'll find the name "forged steel" marked on the tools.

If your budget does not permit you to buy both scissors and shears of good quality, then choose one or the other, but buy for quality. If you do considerable home sewing you'll probably find shears the most helpful. They have blades at least 4 inches long, and the handle is bent. This type of handle leaves the material flat on the table as you cut and makes for more accurate work.

Scissors are needed for snipping threads and clipping the material to the corners. The handle is straight--not bent--and the blades are pointed. For efficient work the blades should be sharp to the very tips. For general use you'll probably find scissors the most logical choice.

Published by the Radio News Company, Inc.

Published weekly, May 12, 1935

Radio News

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Health Work Highlights National Home Demonstration Week

URBANA--Illinois home bureau members throughout the state score high in health work. Reports for this week--National Home Demonstration Week--indicate that women in every county have cooperated during the past year in promoting health programs.

Home bureau members have visited clinics and have told their neighbors about them, their availability, and their use. They have cooperated in promoting mobile X-ray units throughout their county. They have assisted with the seal sale for tuberculosis prevention.

Many of the home bureau groups have contributed funds to fight cancer and polio. They have contributed to provide care and facilities for crippled children. Many have also assisted in organizing county health departments and have served on hospital and sanatorium boards.

Freezing Fruits and Vegetables? Give Attention to Head Space

URBANA--Food expands as it freezes. Head space should be allowed when the produce is packaged. That will prevent breakage of the seal or of the carton or jar during freezing. The amount of head space needed will depend on the type of produce and the pack used.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends $\frac{1}{2}$ inch head space for foods that pack tightly when they are packed without liquid. No head space is needed for loosely packed foods, such as broccoli and cauliflower.

Crushed fruits, purees, and foods packed in liquid need more head space. Allow about 1 inch of space when you use cartons or bags, and $1\frac{1}{2}$ inches when you package in glass jars or tins.

THE HISTORY OF THE UNITED STATES OF AMERICA

The history of the United States of America is a story of a young nation that grew from a small colony of settlers on the eastern coast of North America to a powerful and influential world power. The story begins with the arrival of the first European settlers in 1492, who established a series of colonies along the Atlantic coast. These colonies were founded by people seeking religious freedom, economic opportunity, and a new life. Over the years, the colonies grew in number and in size, and they began to develop a sense of identity and independence from their British parent country. In 1776, the colonies declared their independence from Britain, and the United States of America was born. The new nation faced many challenges in its early years, including war with Britain and internal conflicts. However, it emerged as a strong and unified country, and it has since played a major role in the world. The history of the United States is a story of progress, innovation, and the pursuit of the American dream.

CHAPTER I

THE FOUNDING OF THE UNITED STATES

The story of the United States begins with the arrival of the first European settlers in 1492. These settlers, known as the Pilgrims, came to the New World seeking religious freedom and a new life. They established a colony in Massachusetts, and over the years, other colonies were founded along the Atlantic coast. These colonies grew in number and in size, and they began to develop a sense of identity and independence from their British parent country. In 1776, the colonies declared their independence from Britain, and the United States of America was born. The new nation faced many challenges in its early years, including war with Britain and internal conflicts. However, it emerged as a strong and unified country, and it has since played a major role in the world. The history of the United States is a story of progress, innovation, and the pursuit of the American dream.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 3, 1949

Know Your Neighbor--Aim of Home Bureau Members

URBANA--Getting acquainted with your neighbors is good business, according to home bureau women in Illinois. Throughout the year they have made new friends and greeted old ones in many parts of the world.

This week--National Home Demonstration Week--they are taking stock of progress made. Records indicate that they have exchanged programs with groups of homemakers in several countries. They have corresponded with pen friends in many countries. They have sent aid to families in China and India as well as in European countries.

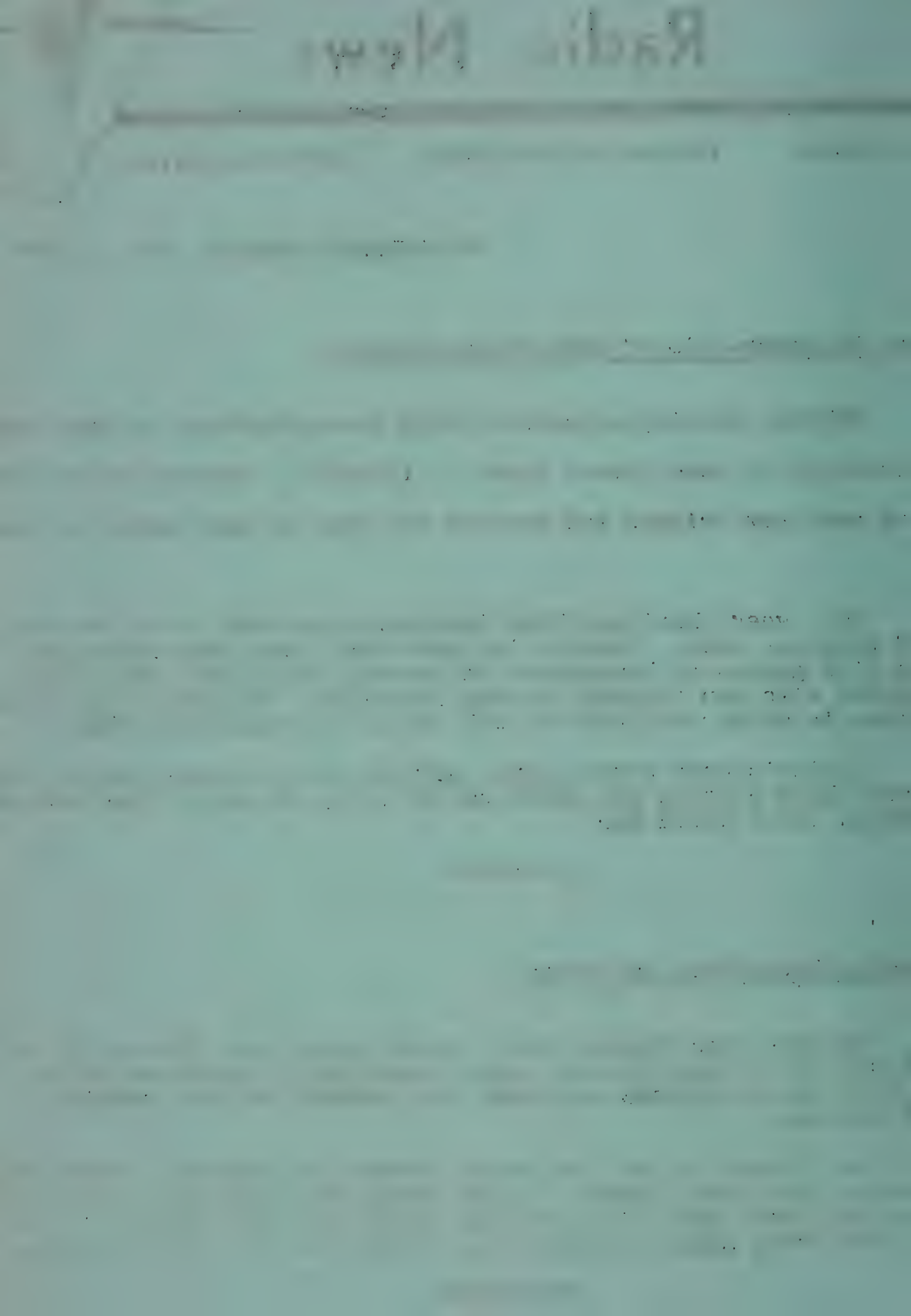
Illinois home bureau women believe that to know people, to understand their customs and their way of life, is one of the best ways to prevent a third World War.

Serve Family Favorites--And Often

URBANA--Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says serve family favorites often. They'll keep the gang happy and make them appreciate your special brand of cooking

Don't save all of the fancy touches for company. Serve day-by-day meals that have appeal. Select foods that make good color combinations and foods that give contrast in texture and flavor. Do your best to make every meal an occasion--a happy time for all concerned.

JEH:jd



Asparagus--For Family Meals

URBANA--Asparagus--the ancient "sprue grass" or "sparrow grass," as our grandmothers called it--is right for eating, unbelievably green and tender. Select it with care and serve it as often as your food budget will allow.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the appearance of the bunch is the best indication of quality. All heads must be straight, tapered, and perfectly closed. They must have that fresh misty look of being just harvested.

Storage after harvesting is very important. If you must keep the asparagus for a few hours before cooking, set the bunch upright on a damp cloth in your refrigerator. Do not untie the bunch for storage, and do not set it in water.

Cook the asparagus the same day you bring it from market or from your garden. The instant it is cut it begins to lose its tenderness and fine flavor.

Fresh asparagus, cooked until barely tender and served with melted butter, is a favorite, especially at the start of the season. However, there are other interesting ways to prepare it. Instead of the butter, use hot cream seasoned with a dash of paprika. Let the asparagus stand over low heat for a few minutes after you add the cream in order to blend the flavors.

Asparagus with cheese is a tasty dish and a popular one. Lay the freshly cooked asparagus in a hot dish, sprinkle generously with shredded mellow cheese, and cover the dish until the cheese melts. Asparagus seasoned to taste with salt and pepper and topped with riced hard-cooked eggs and minced parsley is another suggestion your family will enjoy. The French sometimes cook very young asparagus in milk. It gives it an especially delicate flavor.

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FOR RELEASE WEDNESDAY, MAY 4, 1949

Eggs--Good Company Fare

URBANA--Eggs have been a good friend to home cooks for generations. Quick-to-prepare and versatile, there are scores of interesting ways to prepare them. Then, too, they are first rate for emergencies. We need have no fear of unexpected guests if we have fresh eggs, the making of a crisp salad and a bit of cheese on hand.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that eggs have top-quality protein for building and repairing body tissues. They have three of the B vitamins--thiamine, riboflavin, niacin--plus vitamins A and D, to help protect health. The egg yolk holds a rich store of iron for red blood cells and has phosphorus and other minerals needed by the body.

Serve eggs "as eggs" or "hidden" in the cooking--they're good either way. Baked eggs are a happy choice for hearty appetites and crowded schedules. To prepare them break the eggs into a shallow greased casserole or baking dish and add 1 tablespoon of milk or cream for each egg. Season with salt and pepper, cover and bake in a moderate oven--325°F--until as firm as desired--about 15 to 20 minutes.

For variety, omit the milk or cream and top the eggs with dry bread crumbs and grated cheese. Bake uncovered, in a slow oven, until the cheese is melted and the crumbs lightly browned.

JEH: jd

State Nutrition Conference to Highlight School Lunch Problem

URBANA--D. B. Morton, sanitary engineer, Illinois Department of Public Health, is scheduled to speak at the State Nutrition Conference Saturday morning, May 7, at Springfield. He will discuss sanitation problems of the school lunch room.

Approximately 2,200 Illinois schools are participating in the Federal-State School Lunch Project. Many other schools are carrying on the lunch program independently. Mr. Morton will present information of importance to parents and teachers, as well as to those directly responsible for the school lunch work.

The Nutrition Conference will open Friday, May 6, at 1:30 o'clock (DST) and is scheduled to close Saturday noon. All sessions will be held in the Centennial Building. You are invited to attend. For details regarding the program, contact your county home adviser.

4-H Club Work--Home Bureau Members Help

URBANA--Illinois home bureau members are interested in youth work. This week--National Home Demonstration Week--county and unit 4-H club chairmen are busy recruiting leaders in order to organize more clubs. They are interested in giving every boy and girl in their community the advantage of 4-H work.

Last year home bureau women in every county in Illinois volunteered as 4-H leaders. They assisted with the project work, the camping program, and achievement day activities. They sponsored community meetings and assisted with 4-H work at county fairs. Every county was represented at the State Fair.

JEH:jd

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 5, 1949

Best Fruit and Vegetable Buys for the Week (Release on receipt)

URBANA--Considering prices, quality, and supplies, the best fresh fruit and vegetable buys this week are carrots, yellow onions, cabbage, celery, bunched beets, and smaller sized Valencia oranges.

This information comes from Lee A. Somers, vegetable crop and garden specialist, University of Illinois College of Agriculture. It is based on reports from the principal markets and on special crop reports sent direct to Professor Somers.

If you do not need to watch your food budget too closely, you'll be interested in asparagus, broccoli, peppers, and greenhouse cucumbers.

Fish--Buying Tips

URBANA--Four and one-half billion pounds of fish and shellfish was the haul of U. S. and Alaskan fishermen last year. It's part of the reason why there's so much frozen fish on the market right now, along with the current catches

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to buy fish often. It provides first-quality protein and other important nutrients. It's quick to prepare and easy on the purse.

JEH:jd

1 2 3 4 5

Considering a Dishwasher? Here's Help

URBANA--Here's an answer to the question, "What can an electric dishwasher do for me?" It can be a real convenience, especially if your family is large or there are several small children.

That information comes from Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. She explains that, although the initial cost is relatively high, a dishwasher soon pays off in convenience.

Before you buy, you do want to make sure your house is equipped for the use of a dishwasher. One necessity is a supply of hot soft water or softened hard water.

Also make sure you have a convenient place for a dishwasher. Miss Ward says a convenient arrangement for a dishwasher unit is to place it so that there's a small work counter between it and the sink. For a dishwasher-sink combination, be sure the sink will be next to your main work counter.

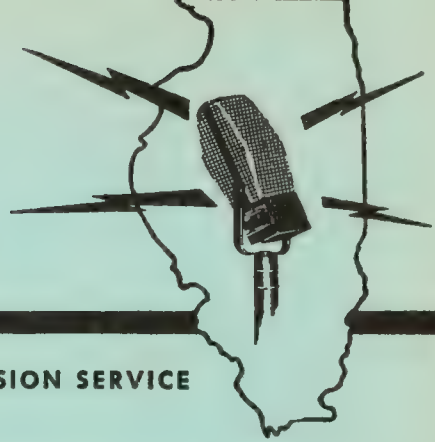
When considering a dishwasher, find out whether it will hold all the utensils you want to wash at one time.

The type of dishwasher is another feature to check. You'll find some models that open at the front; this gives an extra work surface on top. Some models have a top opening. And others are made to be installed under a kitchen counter.

Of course you'll also want to see exactly how the dishwasher operates and how much hot water it takes.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 6, 1949

Students May Get Scholarships for U. of I.

URBANA--Financial aid--through scholarships--is available to students entering the University of Illinois this fall to study agriculture or home economics.

To be eligible, in general, a student must rank in the upper half of his graduating class. Students who are eligible may apply for as many different scholarships as they wish.

Competitive examinations for three of these scholarships will be conducted in each county. The date for the examinations is Saturday, June 4. They will be conducted by the county superintendent of schools. The scholarships include:

FARMERS' INSTITUTE SCHOLARSHIPS: There are two of these available--one in agriculture and one in home economics--for each county. Each has a value of \$320 for the regular 4-year course.

COUNTY SCHOLARSHIPS AND SCHOLARSHIPS FOR CHILDREN OF VETERANS OF WORLD WAR I AND WORLD WAR II: These can be used in any college in the university and are available to students who meet eligibility requirements.

For further information, inquire at the office of the county farm or home adviser or the superintendent of schools.

NJM:jd

ESTABLISHED 1910

THE RADIO NEWS

THE RADIO NEWS

Published weekly, except on Sundays and public holidays, at the office of the Editor, 10, Abchurch Lane, London, E.C. 4.

The Editor is responsible for the contents of the paper, and the Editor is not responsible for the opinions expressed by the contributors.

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The Editor's Notice

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Meat--Should Older Folks Eat It?

URBANA--Should meat be included in meals for older folks? Or is it no longer important, since they have reached their growth and are less active physically? These are questions which are asked frequently, and they are questions which should be answered.

Miss Harriet Barto, dietetics specialist, University of Illinois College of Agriculture, says older folks should eat meat. When they eliminate it from their diet, they deprive themselves of high-quality protein and iron, as well as one of the best sources of the B vitamins.

Thiamine (B₁) is essential for normal heart action. It is also needed for good muscle tone. The various digestive disturbances, including constipation, due to poor muscle tone or an atonic condition of the intestinal muscles, are common in elderly people.

Older persons frequently omit meat from their diet because it is served in a form that is difficult for them to chew. This problem is easy to solve. Ground meat--both fresh and cooked--can be prepared in a number of attractive ways. Creamed ground meat served on crisp toast or en casserole is popular. Meat loaf and braised or baked meat patties are also favorites. Ground meat is a good basis for a tasty stew.

Today's markets offer a number of prepared meat products that can be used to good advantage when preparation time is short. The strained and finely chopped canned meats--originally intended for babies--are the newest additions to the "special foods" line. They make delicious sandwiches, soups, and casserole dishes with vegetables. A crisp pastry crust or a topping of tiny biscuits or mashed potatoes adds interest to casserole dishes. Nutritive value, fine flavor, and digestibility, as well as ease of preparation, recommend these "special foods" for older folks.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 7, 1949

Corn an' Ham Casserole--For Saturday Night Supper

URBANA--Canned corn, diced ham, seasoning to taste--and you have the makings of a hearty main dish. Combine the ingredients, turn them into a casserole, add milk or cream as needed, and the dish is ready for the oven.

Canned corn is a plentiful item on grocery shelves in many sections, and it is a good buy. The 1948 pack of corn--totaling 34,410,000 cases--according to the canning industry, was the largest pack of any vegetable.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that canned corn is a good mixer because of its mild flavor. If you have a casserole in mind, Grade C canned corn often is the thrifty buy.

Combine canned corn with a protein-rich food for main course fare. Tomato, corn, and slivers of fine flavored cheese make a delicious casserole. For extra flavor, simmer a small portion of onion in the fat before you add the other ingredients.

Corn and cheese scramble is another quick-to-prepare favorite. Brown diced bacon in the pan before you add the eggs and corn. Serve plain or on crisp toast with good homemade strawberry jam 'long side.

JEH:jd

Radio News

WEDNESDAY, MAY 1, 1935

10:00 P. M.

NEW YORK, MAY 1, 1935

THE NATIONAL BROADCASTING COMPANY

THE NATIONAL BROADCASTING COMPANY, INC., NEW YORK, N. Y., ANNOUNCES THE FOLLOWING SCHEDULE OF BROADCASTS FOR WEDNESDAY, MAY 1, 1935:

7:00 P. M. - 7:15 P. M. - "THE NATIONAL BROADCASTING COMPANY" (W. J. MURPHY)

7:15 P. M. - 7:30 P. M. - "THE NATIONAL BROADCASTING COMPANY" (W. J. MURPHY)

7:30 P. M. - 7:45 P. M. - "THE NATIONAL BROADCASTING COMPANY" (W. J. MURPHY)

7:45 P. M. - 8:00 P. M. - "THE NATIONAL BROADCASTING COMPANY" (W. J. MURPHY)

National Home Demonstration Week--Grand Finish

URBANA--Today--May 7--marks the close of National Home Demonstration week. During the week, Illinois homemakers, as well as those in the other states, have been busy with exhibits, special programs, and community meetings. Now they are outlining plans--setting their sites for the year ahead.

Home bureau members in many of the 102 counties in Illinois have voted to continue their work on community projects. Better schools, satisfying recreation for grown-ups as well as for children and young people, suitable meeting places for all youth groups--these are a few of the things they have written into their county and unit programs.

Health stands high on county programs throughout the state. The fight against polio, tuberculosis, and cancer will be continued. Pre-school checkup work, immunization, the school lunch project, and home and school safety will likewise receive consideration. Interest in hospital construction, the organization of county health departments and the establishment of clinics is good.

Home bureau members believe that the home should be the center of every woman's interest, but they also believe that their interest should not end with the home--even the community. Every home bureau member is affiliated with the Associated Country Women of the World. They are studying state and federal government problems as well as local ones. They are doing their best to understand peoples of other lands and their way of life.

Illinois women believe--and firmly--that today's home does build tomorrow's world. They believe, too, that the kind of world we have tomorrow depends on how well we build our homes today and every day, down through the years.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 9, 1949

Buying Electric Ironer? Plan for Special Circuit

URBANA--Before you invest in an electric ironer check with your electrician about the wiring in your home. Because of its high wattage the ironer should be used on a special appliance circuit. If used on an ordinary house circuit it may cause a fuse to blow--even cause a short circuit and a serious fire.

Once you have the ironer in your home give it the best possible care. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says the metal ironer shoe calls for special attention. It corresponds to the sole plate of a hand iron, and the padded roller to the ironing board.

The heating element is inside the metal shoe. It needs the same care as an electric iron. Protect the surface from damage. Avoid ironing over anything hard that might injure the surface. Turn buttons, snaps, zippers, and other hard things toward the padding.

When you finish ironing, dry the padded roll by running the hot shoe over it a few times. A damp roll or pad may mildew, especially when the humidity is high, or when the storage place tends to be damp. Wipe the shoe dry to prevent rusting, separate the shoe and the pad, and cover the machine to keep out dust.

JEH:jd

THE RADIO NEWS, MAY 1, 1934

THE RADIO NEWS

When you think of the radio, you think of the voice that comes from the speaker, the voice that tells you of the news, the voice that tells you of the events of the day, the voice that tells you of the things that are happening in the world. But the radio is more than just a voice. It is a medium, a means of communication, a way of reaching people who are far away from each other. It is a way of bringing people together, of sharing their thoughts and feelings, of making them feel that they are part of something bigger than themselves. The radio is a powerful tool, a tool that can be used for good or for evil. It can be used to spread the word of God, to educate the masses, to entertain the people, or it can be used to spread lies, to incite to violence, to divide people who should be united. The radio is a double-edged sword, a sword that can cut both ways. It is up to us to decide how we will use it, how we will wield it. We must be responsible for the words that we speak, for the things that we broadcast. We must be honest, we must be fair, we must be true. We must be the best that we can be, for the radio is a trust, a trust that we must not abuse. The radio is a gift, a gift that has been given to us for our benefit. We must use it wisely, we must use it well. We must make it a force for good, a force for peace, a force for unity. We must make it a force that brings people together, a force that makes the world a better place. The radio is a powerful tool, a tool that can change the world. It is up to us to decide how we will use it, how we will wield it. We must be responsible for the words that we speak, for the things that we broadcast. We must be honest, we must be fair, we must be true. We must be the best that we can be, for the radio is a trust, a trust that we must not abuse. The radio is a gift, a gift that has been given to us for our benefit. We must use it wisely, we must use it well. We must make it a force for good, a force for peace, a force for unity. We must make it a force that brings people together, a force that makes the world a better place.

U. of I. Scholarship Applications Available

URBANA--Students wishing to enter the University of Illinois this fall to study agriculture or home economics may apply for scholarships.

For several of these, applications should be completed by July 1. This includes the following scholarships:

KROGER SCHOLARSHIPS: Six of these are available for Illinois. They are to be divided equally between students in agriculture and home economics. Each scholarship gives a student \$200 for the freshman year and is awarded on the basis of scholastic achievements and leadership qualities.

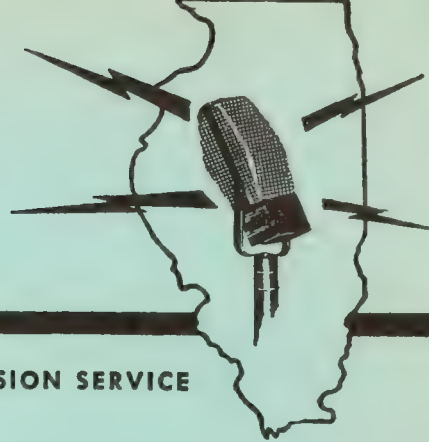
SEARS ROEBUCK SCHOLARSHIPS: These are for freshman students entering the College of Agriculture, and are awarded on the basis of financial need, high school scholarship, and other records. They pay a student \$200 for the freshman year. There is a possibility of an extension through the sophomore and junior years for very outstanding students.

Applications can be obtained by writing to the University of Illinois College of Agriculture, Urbana. Anyone interested in further information about scholarships can inquire at the office of the county home adviser, farm adviser, or county superintendent of schools.

NJM:jd

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 10, 1949

Hot Biscuits Plus Honey Make for Good Eating

URBANA--Good homemade biscuits--right from the oven--are always popular. Serve them dripping with honey or spread with honey butter, and you'll have plenty of calls for more.

Honey is in good supply at present, so add it to your marketing list. There are dozens of ways to use it in preparing day-by-day meals for your family. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to use it as a sweetener for fruits, beverages, and cereals as well as a spread for breads.

A jar of honey butter tucked away in your refrigerator is a first aid for afternoon refreshments. When friends drop in unannounced, serve thin slices of toast spread with honey butter along with the tea. It's good, too, served with tiny muffins or biscuits.

To prepare the spread, combine one part of butter to four or five parts of honey. Cream it thoroughly and store it in a covered jar. If you prefer to keep it in your refrigerator, place it away from the freezing unit. Remove it from the refrigerator ahead of serving time, or place it in a pan of warm--not hot--water to soften it.

Overalls for Children--The Self-Help Kind

URBANA--Children's play clothes have to "take it," and overalls are a happy choice. The Bureau of Human Nutrition and Home Economics has designed a self-help overall that is popular with mothers and children alike. It is designed for freedom in play and easy dressing and undressing without the help of grown-ups.

The garment includes many helpful features. Straps are set to fit the slope of the shoulders and can be adjusted to the child's growth. Legs are wide enough for easy knee bends but not so wide that they cause the child to trip and fall. Extra seat length is provided by setting in small pleats at the bend of the hip, and fasteners are easy for a preschool child to handle.

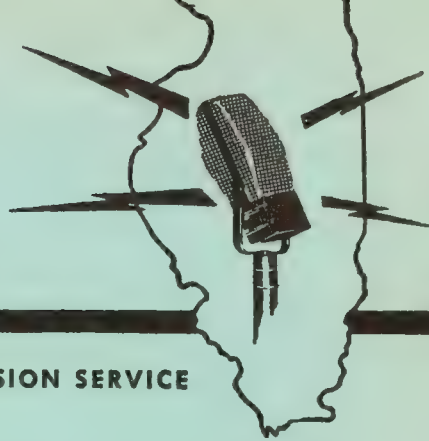
Shoulder straps are anchored so that they can't get out of hand, making the overalls easy for a child to put on and take off alone. Mother buttons the strap ends inside the waist before the garment is put on. There is no need to unfasten these buttons again until washday. The child steps into the overall, pulls it up, and slips an arm under each shoulder strap. Then he has only to button the easy-to-reach buttons at the top of the bib and the sides.

If you are interested in making self-help overalls for your young son or daughter, ask your county home adviser for a copy of the USDA leaflet, Child's Self Help Overall, or, if more convenient, send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

Patterns for the overall are available on special order. Inquire at the stores in your community carrying Advance Patterns. The number of the pattern is 5022 and is made in sizes one, two, and three years--breast measure 20, 21, and 22 inches.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 11, 1949

Your Pressure Canner--How to Load for Canning

URBANA--A pressure canner must be kept in good condition and operated according to rule if it is to give good service. Follow the manufacturer's directions carefully and get acquainted with your canner--know how each part of it works.

Wash the equipment thoroughly before using it and check openings to the petcock, safety valve, and pressure gage. When you are ready to begin canning, put boiling water in the canner to at least a one-inch level and place it over the heat. If your range is of the gas or other flame type, be sure the flame does not reach above the water line. Heat directed on a part of the canner where there is no water may damage the equipment.

Place the filled jars or cans on the rack in the canner as fast as they are ready. Be sure to leave room on all sides of each container so that steam may circulate freely. Don't crowd the canner and don't let jars touch the sides or bottom of the canner. If your canner is large enough to hold two tiers of jars or cans, use racks to separate the tiers.

Place the cover on the canner correctly--matching arrows or other indicators--and tighten it securely. Lower the heat under the canner. When the gage registers the exact number of pounds desired, adjust the heat again to keep the pressure as steady as possible throughout the processing period.

Radio News

The following is a list of the names of the persons who have been elected to the office of President of the National Association of Broadcasters for the year 1934.

President: J. Edgar Hoover

Vice-President: J. Edgar Hoover

Secretary: J. Edgar Hoover

Treasurer: J. Edgar Hoover

Executive Committee: J. Edgar Hoover

Board of Directors: J. Edgar Hoover

Advisory Board: J. Edgar Hoover

Committee on Public Relations: J. Edgar Hoover

Committee on Legislation: J. Edgar Hoover

Committee on Education: J. Edgar Hoover

Committee on Research: J. Edgar Hoover

Committee on Statistics: J. Edgar Hoover

Committee on Publications: J. Edgar Hoover

Oily Rags Are a Fire Hazard--Let's Store Them Carefully

URBANA--Have you painted woodwork or refinished furniture recently? What happened to the oily polishing cloths after you'd finished the work? Are they stored safely, or are they piled in a heap in the basement or closet?

Oily cloths that are scattered about may ignite spontaneously. Miss Gladys Ward, home management specialist, University of Illinois, College of Agriculture, reminds us that carelessness is the direct cause of many disastrous fires.

Don't be careless with oily cloths and buckets of paint and oil. Store them in a cool place--preferably out of doors and away from buildings. Oily rags and polishing cloths should be stored in metal containers which can be covered tightly.

Accidents don't just happen! There is always a cause! Very often the cause can be traced to carelessness.

Home-Grown Rhubarb--Let's Use It

URBANA--Home-grown rhubarb, tart and delicious in flavor, is a good tonic for lazy appetites. Let's serve it often and in a variety of ways.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says rhubarb is a good teammate for any number of fruits. Try it with pineapple--both canned and fresh. Use it to extend the more costly strawberries that are just coming to local markets in many areas. Add the crushed or halved berries to the chilled rhubarb.

Instead of always serving plain rhubarb pie, try rhubarb custard pie occasionally. Rhubarb Meringue pie and Rhubarb Souffle pie are both favorites. Try deep dish rhubarb pie topped with a generous slice of fine flavored cheese.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 12, 1949

Best Buys This Week--Fresh Vegetables and Fruit

URBANA--Best buys in the fresh vegetable and fruit markets this week--considering prices, quality, and supplies--yellow onions, cabbage, carrots, green onions, head lettuce, spinach and other greens.

If you do not have to watch your budget too closely, you'll be interested in asparagus, cauliflower, rhubarb, and strawberries.

This information comes from Lee A. Somers, vegetable crop and garden specialist, University of Illinois College of Agriculture. Professor Somers bases his information on special reports from the principal markets and on special crop reports from fruit and vegetable growing areas.

Homemade Cookies--They're Popular

URBANA--Crisp cookies are good company with rhubarb sauce, fresh strawberries, or with a compote of any other seasonal fruit. Cookies are also in great demand with ice cream and to serve with tall, cool drinks for afternoon and evening refreshments.

If you need tested recipes for cookies crisp, cookies plump and chewy, and cookies filled and frosted, you'll find the University of Illinois leaflet "Cookies for All Occasions" very helpful. Ask your county home adviser for a copy, or write to the University of Illinois College of Agriculture, Urbana, Illinois.

JEH:lw

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Use Draperies to Broaden Windows

URBANA--If tall, narrow windows are a problem in your home, you probably can use draperies to make them look more graceful.

In decorating tall windows, the main thing is to emphasize the crosswise lines instead of up-and-down lines. There are several easy ways to do this. Miss Marion Kaeser, home furnishings specialist of the University of Illinois College of Agriculture, offers some helpful suggestions on this problem.

Miss Kaeser says one good way to make windows look broader is to use drapery material that has a crosswise stripe or design. This will be most effective if the stripes are wide and unevenly spaced. Brightly colored stripes are a good choice for this also.

In general, tall windows will look broader if curtains and draperies just reach the window sill or the lower edge of the wood frame. Floor-length draperies tend to emphasize the window height.

Another way to widen the appearance of windows is to have curtain rods as wide as the wood frame of the window, or even wider than the frame. Then draperies can be hung to cover the frame or extend outside of it.

NJM:lw
5-9-49

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 13, 1949

Nylon--Wash It Correctly

URBANA--Washing with plenty of sudsy lukewarm water and thorough rinsing--those are the keys to keeping white nylon lingerie from getting gray.

How to launder nylon is a currently common question because of the fabric's growing popularity for slips and other lingerie. Miss Florence King on the clothing staff of the Home Economics Department, University of Illinois College of Agriculture, gives these washing directions.

First be sure you have plenty of sudsy lukewarm water. If too little water is used for washing, not all the dirt will be transferred from the material to the water.

For rinsing, plenty of water is needed too. Have rinse water lukewarm and give garments at least two rinses.

If regular washing doesn't seem to keep white nylon from turning gray, you may use a dilute solution of commercial bleach on it. Follow manufacturer's directions for correct use of bleach.

NJM:lw
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1921

The first part of the book is devoted to a general introduction to the subject of the book. The author discusses the importance of the subject and the scope of the book. He also discusses the method of the book and the results of the book.

The second part of the book is devoted to a detailed discussion of the subject. The author discusses the various aspects of the subject and the results of the book. He also discusses the method of the book and the results of the book.

The third part of the book is devoted to a detailed discussion of the subject. The author discusses the various aspects of the subject and the results of the book. He also discusses the method of the book and the results of the book.

The fourth part of the book is devoted to a detailed discussion of the subject. The author discusses the various aspects of the subject and the results of the book. He also discusses the method of the book and the results of the book.

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Fly Control--Start Home Campaign Now

URBANA--Start your home-fly control program now, Mrs. Home-maker, if you want to safeguard your family's health and comfort this summer.

That's the recommendation of H. B. Petty, insect specialist with the University of Illinois College of Agriculture and Natural History Survey. He explains that flies can be a real health menace unless this problem is licked in your home and community. At least 20 human diseases are carried by flies.

To keep your home fly free, practice strict cleanliness and spray around the house with a recommended fly-killer. You can go to work on the cleanliness job right now. Start by planning a careful garbage disposal system. Garbage should be disposed of twice a week. You can burn it, bury it, or have it hauled away.

Then once a week, clean out the garbage container. The filth that sticks to the sides of the garbage can is one place where flies often breed. After cleaning out the can, spray it inside and out with DDT. Spray nearby areas too. And at all other times, keep the garbage container tightly covered.

NJM:lw
5-9-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 14, 1949

Dried Split Peas--They're Fine Main Course Fare

URBANA--Dried split peas are plentiful this month in local stores. They'll store well in a cool dry place if a tightly-capped jar is used, so let's tuck them into our market basket.

Split pea soup served with a crisp leafy salad and hot homemade rolls or biscuits is fine fare for lunch or supper. Season the soup with diced crisp bacon, a small portion of onion and just a trace of garlic. If you favor spice, add a section of bay leaf and two or three cloves about five minutes before the end of the cooking period. Send the soup to the table garnished with thin lemon slices

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that old fashioned split peas are packed with nutritional goodness. They are protein-rich, offer thiamine and riboflavin and a goodly supply of carbohydrate. At present they have the added advantage of being in the "best buys" bracket.

JEH:lw
5-11-49

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Unpainted Plaster Walls--How to Clean

URBANA--Unpainted plaster walls present a problem when cleaning time rolls around. Even though they are to be painted, as much of the dust and grime as possible should be removed before the finish is applied. Rough-plaster walls will require more time and energy than the smooth-plaster walls.

For cleaning smooth-plaster walls, Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, recommends a soft cloth such as a terrybath towel. A soft brush or vacuum-attachment brush can usually be used to good advantage. Some homemakers prefer to use a chemically treated sponge to do the cleaning job. These can usually be purchased at a paint store or at a hardware store that handles paints and painting and cleaning equipment.

The method for cleaning rough-plaster walls is similar to the one for the smooth-plaster. However, a cloth or soft brush will have very little effect if the plaster is very rough in texture. Miss Iwig recommends a wall brush or the attachment to your vacuum cleaner. The chemically treated sponge is also a good device to use.

In cleaning the unpainted plaster walls, begin at the top and work downward. Rub the wall with light overlapping strokes in order to eliminate streaks and patches. If necessary, go over the wall a second time in order to do a thorough cleaning job.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 16, 1949

Your Home--How Safe Is It?

URBANA--How safe is your home? How recently have you checked from basement to attic for hazards? Records indicate that home accidents now rank ahead of traffic accidents as the leading cause of accidental deaths. An average of one person dies every 16 minutes as a result of a home accident.

Good housekeeping is an excellent first aid in reducing home accidents. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests that we clean out hazards as a part of our spring cleaning program. Steps and stairways make a first rate starting point.

Let's clean out landings, cellar steps, passageways and stairs. Let's see that dark areas are provided with adequate light, and that loose scatter rugs are anchored. Let's inaugurate salvage drives and get rid of old paper and cardboard and rags.

Let's remember that a clean home is usually a safe home, and cleaning up is a family affair.

JEH:lw
5-11-49

THE NEW YORK TIMES

THE NEW YORK TIMES

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The Family Ironing--Let's Speed the Job

URBANA--How long does it take to do the family ironing? As the season advances and warm weather moves in, it's a job that seems to grow. Wash dresses and extra shirts and shorts and underthings add to the load. Let's search for methods that will speed the work--that will save both time and energy.

One of the first steps in studying the situation is to check the use of your electric iron. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says much time and energy can be saved by using the equipment to the best advantage.

If you want your iron to heat rapidly and to maintain temperature as you iron use the right outlet. Plug it into a wall outlet instead of a light socket on a drop cord. The light socket isn't built to carry the current necessary for an electric cord. In addition to slowing the job of ironing, the iron may break down the socket insulation and make it unsafe to use.

The most convenient location for an iron outlet is on a wall a little higher than the level of the ironing board. That helps to keep the cord from dragging across the board as you iron--another hindrance to fast, efficient ironing. There are special devices that you can buy to keep the cord off the board if necessary.

Don't overheat your electric iron. It wastes current, is a fire hazard, is hard on the heating element, and wastes your time if you have to wait for the iron to cool.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 17, 1949

Frozen Desserts--Make Them in Your Refrigerator

URBANA--Frozen desserts are year-round favorites with busy homemakers, but warm weather seems to step up their popularity. Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, has prepared six tested recipes for homemakers.

These recipes are for desserts that can be frozen in the mechanical refrigerator, and directions for fast freezing are included along with the recipes. For your copy of Refrigerator Frozen Desserts, write to the University of Illinois College of Agriculture, Urbana, Illinois.

Strawberry Preserves--Storage Place Important

URBANA--If you're making strawberry preserves this season, choose their storage place carefully. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that storage temperature as well as light affects their color.

Store them away from the light and at a temperature not above 60° F. They lose color rapidly when stored at a higher temperature. Initial storage temperature is important too, so cool them quickly as soon as they are sealed in containers.

FOR RELEASE TUESDAY, MAY 17, 1949

Buying A Range? Here's A Suggestion

URBANA--Ranges are coming to local stores in better supply. There are many makes and many models of each make. Some are loaded with accessories, while others are stripped. Naturally accessories add to the cost of the equipment, so it is wise to give serious thought to the ones that are most important for your use.

Miss Margaret Goodyear, home management specialist, University of Illinois College of Agriculture, recommends examining one make of range first. Find out about the cost of accessories and the difference in price between the model with all the gadgets and the stripped model. Determine the price of the one with approximately the accessories you'll actually need.

With this information as a guide, investigate ranges made by other manufacturers. Check materials used, construction, location and arrangement of various units, such as burners, oven, and broiler. Consider the size and style of the range in relation to the space you have for it. Inquire about the service the local dealer is prepared to give once the equipment is installed.

A range is a long-time investment, and considerable money is required to make the purchase. Family needs should be studied carefully along with the various makes and models in order to make the best possible investment.

JEH:er

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 18, 1949

Round-the-House Work Clothes--Special Designs

URBANA--Clothing specialists of the Bureau of Human Nutrition and Home Economics have designed four housedresses and an apron. These are of special interest to busy homemakers. They are planned to meet tests of comfort, convenience, safety, durability.

The leaflet, "Round-the-House Work Clothes," not only describes these specially designed garments, but pictures them. Points are included that will aid you in selecting a ready-made housedress or a housedress pattern.

These work clothes designs have been reproduced in commercial patterns for home sewers. The patterns are identified by the name of the bureau. Inquire about them at your local store. For your copy of the leaflet, "Round-the-House Work Clothes," contact your county home adviser or write to the University of Illinois, Urbana, Illinois.

Making Slip Covers? Select Material Carefully

URBANA--Time, energy and a considerable amount of money go into the making of slip covers. Therefore, selection of material is very important.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says firmly woven materials without much sizing are best. Avoid heavy materials because the seams will be so bulky that the cover will not fit well.

THE FOLLOWING INFORMATION WAS OBTAINED

RECORD OF TELEPHONE CALLS

On the morning of January 1, 1941, the following calls were received at the Radio News office:

1. Mr. J. H. Smith, 123 Main St., New York, N.Y.

2. Mr. W. B. Jones, 456 Broadway, New York, N.Y.

3. Mr. C. D. Brown, 789 Fifth Ave., New York, N.Y.

4. Mr. E. F. Green, 1010 Park Ave., New York, N.Y.

5. Mr. G. H. White, 1212 Lexington Ave., New York, N.Y.

6. Mr. I. J. Black, 1414 Madison Ave., New York, N.Y.

7. Mr. K. L. Gray, 1616 E. 86th St., New York, N.Y.

8. Mr. M. N. Hall, 1818 E. 86th St., New York, N.Y.

9. Mr. O. P. King, 2020 E. 86th St., New York, N.Y.

10. Mr. Q. R. Lee, 2222 E. 86th St., New York, N.Y.

11. Mr. S. T. Young, 2424 E. 86th St., New York, N.Y.

12. Mr. U. V. Wright, 2626 E. 86th St., New York, N.Y.

13. Mr. W. X. Scott, 2828 E. 86th St., New York, N.Y.

14. Mr. Y. Z. Green, 3030 E. 86th St., New York, N.Y.

15. Mr. A. B. White, 3232 E. 86th St., New York, N.Y.

16. Mr. C. D. Black, 3434 E. 86th St., New York, N.Y.

Lettuce Is Plentiful--It Belongs in Family Market Baskets

URBANA--Head lettuce is moving into local markets from the southwest. Leaf lettuce is coming to market from local gardens. Careful buying should be the order, however, for prices seem to vary widely, usually depending on quality.

Instead of using lettuce for salads only, let's cook it as a vegetable. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, recommends old-fashioned wilted lettuce. It is a delicious dish for lunch or supper and is quick to prepare.

Use the leaf lettuce and match portions to appetites. Wilt the lettuce in hot bacon fat, add bits of crisp bacon, a small portion of vinegar, and a dash of onion juice or scraped onion. Send it to the table garnished with hard-cooked egg sections or slices.

Lettuce can be braised, too, by cooking it slowly in a covered pan in a small amount of fat. The head lettuce is best for this method of cooking. Cut it into quarters, as you do cabbage, leaving part of the center stem or core to hold the leaves together.

Let's remember that lettuce is perishable. Half an hour, or even less, in a warm kitchen will cause it to wilt and lose much of its fine flavor. Whatever your method of serving, keep the lettuce cold and crisp until you are ready to use it.

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THE HISTORY OF THE UNITED STATES

The history of the United States is a story of a people who have grown from a small group of settlers on the eastern coast to a great nation that spans the continent. The story begins with the first European settlers, who came to the New World in search of a better life. They found a land of opportunity, but also a land of challenge. The settlers had to learn to live with the native Americans, who had a different way of life. The settlers also had to learn to live with the harsh weather and the difficult terrain. Despite these challenges, the settlers persevered and built a new life for themselves. They founded a new nation, one that was based on the principles of liberty and justice for all.

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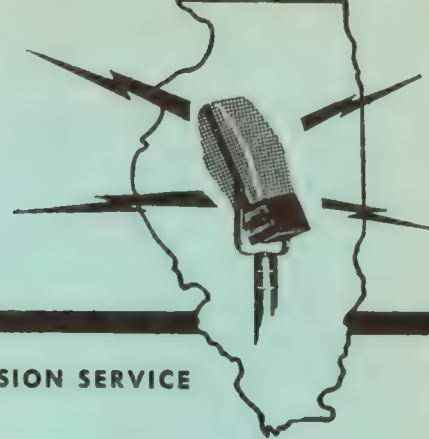
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 19, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release On Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--will be yellow onions, topped carrots, cabbage, home grown rhubarb, snap beans, and spinach.

If you do not have to watch your food budget too closely, you'll be interested in checking asparagus, head lettuce, and strawberries at your local markets.

This information is from Professor Lee Somers, specialist in vegetable crop and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from various areas of the state.

Strawberries--How to Stretch Number of Servings

URBANA--Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says it's a good plan to serve strawberries even though they are in the higher price bracket in many areas. Instead of a big bowl of berries for every member of the family--if your budget is on the slim side--use an extender to double the number of usual servings from a pint or quart.

Fold the sliced strawberries into chilled custard, or use the whole berries as a garnish for a chilled pudding or molded dessert. Fold the crushed or sliced berries into a frozen dessert just ahead of serving time. Use the fresh sweetened berries as a topping for ice cream.

Radio News

Published by the Radio News Company, 1000 Broadway, New York, N. Y.

Subscription price, \$1.00 per year in advance.

The Radio News Company is a corporation organized under the laws of the State of New York. Its capital is \$1,000,000.00, and its assets are approximately \$2,000,000.00. The company is engaged in the business of publishing and distributing news and information by radio.

The company is organized into three divisions: the Radio News Division, the Radio News Service Division, and the Radio News Distribution Division. Each division is headed by a vice president.

The Radio News Division is responsible for the collection and dissemination of news and information. The Radio News Service Division is responsible for the production and distribution of news and information by radio. The Radio News Distribution Division is responsible for the distribution of news and information by other means.

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Who Gets the Car Tonight

URBANA--"Who gets the car tonight?" That's a question that may mean trouble in the family unless you all get together and talk it over.

Plan ahead and let everyone take part in the discussion. That is the key to successful handling of the family-car question as well as other family problems.

Miss Margueritte Briggs, family relations specialist at the University of Illinois College of Agriculture, says that regular discussion sessions are well worth the time they take. In that way everyone in the family learns cooperation and fair play, two things that are necessary for successful living.

In handling the car problem, try to talk it over once a week. Then each one will have transportation when he needs it. And it will prevent unpleasant feelings, too. Unless everyone has his say, someone may resent the decision and sooner or later there will be a family crisis.

Stained Garments--Clean Several at a Time

URBANA--While you're at the job of removing stains, clean several garments instead of just one. You'll find you get more done in the time you spend. After you apply remover to one stain and are waiting for it to work, you can start on another garment. Miss Florence King, on the clothing staff of the Home Economics Department, University of Illinois College of Agriculture, recommends this method. And she advises removing any stain as soon as possible after it gets on the fabric.

1. The purpose of this document is to provide information on the status of the project and the progress made to date.

2. The project is currently in the planning stage and the following information is being provided for your information.

3. The project is being managed by the following personnel and the following information is being provided for your information.

4. The project is being managed by the following personnel and the following information is being provided for your information.

APPENDIX A - PROJECT PLAN

5. The project is being managed by the following personnel and the following information is being provided for your information.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 20, 1949

Spray for Fly-Free House

URBANA--A spray gun filled with DDT solution! That's about the best weapon you can have if you want to keep a fly-free house this summer.

Spraying against flies will help to protect your family's health because flies are a real health hazard. They carry a number of human diseases--including diphtheria, smallpox, and typhoid fever.

To get good results with spraying, follow these directions. They come from H. B. Petty, insect specialist in the University of Illinois College of Agriculture and Natural History Survey.

Petty recommends using a DDT spray solution made of a 25 percent emulsifiable concentrate diluted to 5 percent strength. He says to paint it on screen doors and frames, as well as on window screens and frames. Also spray porch ceilings, the garbage can and the area around it, and the outdoor toilet.

Repeat this spraying routine at least once a month. Areas where flies give the most trouble, such as around the garbage can, need spraying once a week or more often.

Lunchtime Special--Cream of Tomato Soup

URBANA--A big bowl of hot cream of tomato soup looks mighty good at lunchtime these days--if the soup is smooth. To avoid curdling, be careful about how much tomato liquid you use and how you add it to the milk.

You can use as much tomato liquid as milk and get good results, but don't use any more tomato than that. This is the advice of Mrs. Pearl Janssen, on the foods and nutrition staff of the Home Economics Department, University of Illinois College of Agriculture.

Mrs. Janssen says the best way to combine ingredients for this soup is to stir the tomato liquid into the milk. This also is important in preventing curdling.

Another way to get smooth results is to have both the tomato liquid and milk cold. Or have the tomato hot and the milk cold.

In making soup, you can use either tomato juice or strained canned tomatoes. And the milk for the soup can be used plain or made into a thin white sauce.

Onions--Good Vegetable Buy

URBANA--One good vegetable buy in your grocery stores right now is the ever-popular onion. These "boiling" onions, which are left over from last season, are of a good quality and reasonable in price. That means it's a good time to include them in many meals. This report comes from Lee Somers, vegetable crops specialist at the University of Illinois College of Agriculture.

THE UNIVERSITY OF CHICAGO

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 21, 1949

Broilers--Tips on Preparing Them

URBANA--Broilers are plentiful now, according to the United States Department of Agriculture. Prices are about as reasonable as we can expect them to be this season. However, because of the large amount of waste due to the small portion of meat to bones, broilers are relatively expensive.

Broilers are not difficult to prepare, but there are some rules that should be followed for best results. Broiling temperature is especially important. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that slow, even heat is best.

Before broiling the chicken, wipe it as dry as possible: then brush it with melted fat. Use chicken fat, butter or margarine. Bacon fat seems to mask the delicate flavor of the meat. Season to taste with salt and add a dash of pepper or paprika, as you wish.

Place the chicken skin side down on the broiler rack, and keep it several inches from the flame or the heating unit throughout the broiling period. Turn the bird several times as it browns, and baste it frequently.

The cooking time depends on the size of the chicken, one weighing from two to two and one-half pounds requires from 40 to 50 minutes. Broil it on one side for 15-20 minutes, and then turn it and repeat the broiling time. If the meat isn't sufficiently brown and the crust crisp at the end of the period, move the rack nearer the broiler unit and continue cooking for 4 or 5 minutes.

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FOR RELEASE SATURDAY, MAY 21, 1949

Your Pressure Canner--Check It Frequently

URBANA--Pressure canners have been on the job for the past several weeks. It is time for a check-up in order to make sure the equipment is in the best possible working condition.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says it is very important to check the canner for steam leakage. Be sure that no steam--or very little, at least--leaks out where the cover and kettle join. The high temperatures needed in pressure canning are obtained by keeping the steam within the canner to build up steam pressure.

If you allow too much steam to escape, the pressure will fluctuate and you will not be able to maintain the pressure needed for processing. Underprocessing results in poor quality of food and often food spoilage. In addition, you are likely to boil the canner dry and damage the equipment beyond repair.

Overalls for the Toddler--Materials to Use

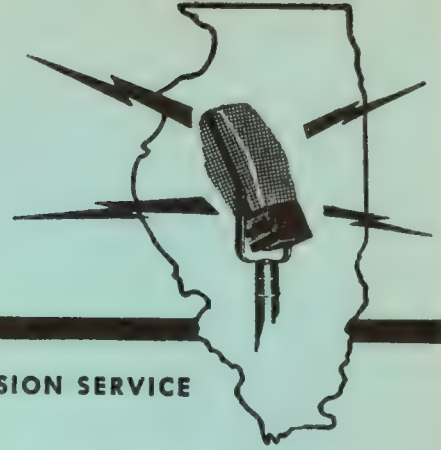
URBANA--Toddlers and babies at the creeping age need overalls that are comfortable, well-fitting, and designed for action. They should be made of durable material.

However, comfort should not be sacrificed for durability. Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says comfort and room for action are of great importance. Make the overalls from soft, lightweight corduroy or unstiffened denim. Some of the thicker dress cottons now coming to market are an excellent choice.

JEH:er

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 23, 1949

Dried Peas--They Are Delicious Baked

URBANA--No doubt you serve old-fashioned baked beans frequently, but have you tried baked peas? They are gaining in popularity and can be prepared in much the same fashion as the beans. Best of all, they are on the plentiful list at present and reasonable in price, even for "just-average" budgets.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that dried peas can substitute for dried beans in almost any recipe. It's just a matter of swapping flavor. For example, salt pork adds good flavor to dried peas. They are delicious cooked with a ham bone, or baked and topped with crisp bacon.

Chopped left-over meat or frankfurters cut in slices can be used to step up the flavor of the peas. They take well to many kinds of seasonings too--onion, celery, a trace of garlic, or a bit of chili pepper.

Dried peas are best in flavor and texture if they're simmered instead of boiled--or if they are cooked at low temperatures in the oven. They need lots of water when they're cooking. One cup of the dried peas will provide three or four average servings.

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Your Electric Ironer--Points on Using

URBANA--Electric ironers, like other items of major equipment, call for good care. One of the problems that seems to plague a number of home ironers is how to keep the ironer pad from packing.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says the first step in solving the problem is to study your ironing methods. Do you use the entire ironing surface? Or do you use a certain area of the surface only?

Make it a rule to distribute the ironing over the entire ironing surface. This keeps the pad from packing unevenly and the ironing shoe from getting too hot in the unused spots and scorching the cover and pad.

If the padding packs, take care of it promptly. Take off the muslin cover and then the padding, being careful to check the way it fits on the roller or table. Fluff the padding up, air it thoroughly, reverse it, and replace it.

It is a good plan to make an extra pad cover to use when the original one is being washed. Use the original pad as a pattern, and do your best to duplicate the material.

You can speed the ironing job by classifying the items as you sprinkle them. Put together articles that call for a high temperature, and those that call for a somewhat lower temperature. Sprinkle clothes evenly and not too wet. Dampen less for an ironer than for hand ironing.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 24, 1949

It's Shortcake Time--in Illinois

URBANA--Illinois strawberries are ready. Reports from the southern part of the state--Massac, Pulaski-Alexander, Union, Monroe, Marion counties--indicate that the harvest is in full swing. Berries in Adams county will be ready within a few days.

Most homemakers have no difficulty in finding ways to serve strawberries, but old-fashioned shortcake is always a favorite. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that much of the goodness of biscuit shortcake depends on the timing of the service. In order to be crisp and light in texture, the cake should be slightly warm--not hot--when it is topped with the berries.

Use your recipe for plain baking powder biscuits. If you prefer a richer mixture, step up the shortening by about 1 tablespoonful and add a small portion of sugar. Bake the dough in one layer and at the usual temperature. When it comes from the oven, cool it slightly, split it and spread each layer with butter. Use a bread knife--one with a saw blade--for splitting the cake in order not to crush it.

When the cake is slightly warm, dress it with the berries--crushed or sliced and sweetened to taste--and serve it with a pitcher of good thick cream alongside.

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5-20-49

Your Garden Flowers--Bouquet Suggestions

URBANA--Garden flowers are lovely in their natural setting; but when we attempt to turn them into bouquets, they present problems aplenty. The container, size, balance, and color are just a few of the points that must be considered in making an attractive arrangement--one that is in keeping with the occasion and the setting.

If you want suggestions for arranging your flowers, send for a copy of the University of Illinois circular, "Flower Arrangement." It is packed with illustrations that you can use as a guide. It pictures arrangements for low and high containers, vertical arrangements, and ones that are horizontal, circular, and radiating.

It includes suggestions for parties, holidays, and public gatherings. It illustrates arrangements using accessories--a plate, a tray, a candlestick--for accent.

You'll find information, too, on containers and holders. It suggests the best time of day for cutting flowers and gives directions for storing them until you are ready to arrange them.

For your copy of the University of Illinois circular, "Flower Arrangement," contact your county home adviser or write to the University of Illinois College of Agriculture, Urbana, Illinois.

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5-20-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 25, 1949

Porch and Lawn Furniture--Paint With Spray Gun

URBANA--Porch and lawn furniture is coming out of hiding. Unless it was put into condition before it was stored, it may need attention. If a new coat of paint is in order, you'll find that a spray gun will speed the job.

Plan to do the work on a clear day when you can set up shop out of doors. Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says it is important to put the surface of the furniture into condition before you attempt to apply the paint.

Wash the furniture thoroughly--whether it is made of wood or metal--in order to remove all grime and dust. You may need to use a washing powder to take care of any "left-over" glaze or paint. Rust spots should be removed by scouring or sanding.

If the furniture is equipped with cushions that are not waterproof, you can treat them at home. Inquire at your paint or hardware store for a paint that can be applied to canvas. The label will carry the information and should give instructions for applying the paint.

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5-20-49

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Vitamin A Foods--They're in Market

URBANA--If you're shopping for vitamin A foods, you'll want to consider greens. Many of the local markets have spinach, Swiss chard, mustard, and a number of others. Tender young turnip tops and beet tops are also good sources.

Miss Grace Armstrong, University of Illinois College of Agriculture, says it is important to select greens for quality. The thinner and greener the leaves, the more iron and vitamin A they offer. Pick ones that are crisp and fresh, and then store them promptly once you have them home from market.

Frozen Food Inventory--List as You Store

URBANA--Frozen foods stored for the season call for an inventory. You'll want to know how much and what kinds of foods you have in your freezer or locker.

Instead of waiting until the end of the season to take stock, why not start now? Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends posting a record sheet near the freezer. List the foods as you put them into the freezer, and then check them off as you take them out.

Labeling is important, even if the package has a window. You'll want to list the date the food was packed, the variety, and any special treatment, such as percentage of syrup used, kind of sweetening agent and seasoning, etc.

Special stamps, labels, tape, and crayon are made for labeling. You can use different colors for different foods or to indicate dates of storage so that the foods stored longest can be used first.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 26, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--topped carrots, asparagus, pineapples, green onions, yellow onions, spinach and other greens.

If you do not have to watch your budget too closely, you'll be interested in green beans, cucumbers, and strawberries. This is the week in which the price of strawberries normally trends downward. But prices are expected to hold up because the present demand for strawberries is far in excess of supply.

This information comes from Professor Lee Somers, specialist in vegetable crop and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from various areas of the state.

Using Your Pressure Canner? Keep Your Eye on the Clock

URBANA--Keep your eye on the clock when you process foods in your pressure canner. That advice comes from Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. A few minutes too much or too little processing may make a lot of difference in the canned food.

Count the processing time from the moment the pressure reaches the correct amount for the food you are canning. Count the time accurately, and remember that you are canning at high temperatures.

WEDNESDAY, JANUARY 12, 1938

10:00 P.M. - 11:00 P.M.

11:00 P.M. - 12:00 A.M.

10:00 P.M. - 11:00 P.M.

11:00 P.M. - 12:00 A.M.

12:00 A.M. - 1:00 A.M.

1:00 A.M. - 2:00 A.M.

2:00 A.M. - 3:00 A.M.

3:00 A.M. - 4:00 A.M.

4:00 A.M. - 5:00 A.M.

5:00 A.M. - 6:00 A.M.

6:00 A.M. - 7:00 A.M.

7:00 A.M. - 8:00 A.M.

8:00 A.M. - 9:00 A.M.

9:00 A.M. - 10:00 A.M.

10:00 A.M. - 11:00 A.M.

11:00 A.M. - 12:00 P.M.

12:00 P.M. - 1:00 P.M.

1:00 P.M. - 2:00 P.M.

2:00 P.M. - 3:00 P.M.

3:00 P.M. - 4:00 P.M.

4:00 P.M. - 5:00 P.M.

Strawberry Preserves--Put up Good Supply

URBANA--"Please pass the strawberry preserves." That's always favorite table-time talk, and now is the season to make sure you have plenty of preserves for many meals.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, points out that in making preserves it's generally best to cook them only a short time. The reason is that the color and flavor of strawberries are easily destroyed by heat.

Here is one recommended method for making preserves: Wash and drain berries and remove caps. Pick out the smaller, less perfect ones to use for juice. Crush them and cook for about 3 minutes, stirring constantly. Strain.

Now make a sirup of juice by adding sugar in this proportion. For each pound of choice prepared berries, allow 1/2 cup of the juice and 1 pound sugar. Stir sugar into juice and continue to heat slowly until sugar is dissolved.

Then drop prepared berries into sirup and simmer for 3 to 5 minutes. Next, boil rapidly for 10 to 15 minutes, or until fruit is somewhat clear. Remove scum. Allow preserves to stand about 8 hours or overnight in a glass or porcelain bowl. Fill hot, sterilized jars three-fourths full with drained berries without reheating. Boil sirup rapidly until fairly thick. Pour hot over berries. Seal.

You may prefer to make preserves with liquid or powdered pectin because it will take a shorter cooking time. It will be more expensive but it will give you more preserves for the amount of strawberries you have. Follow the manufacturer's directions for making preserves with pectin.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 27, 1949

More Material Is Crush-Resistant

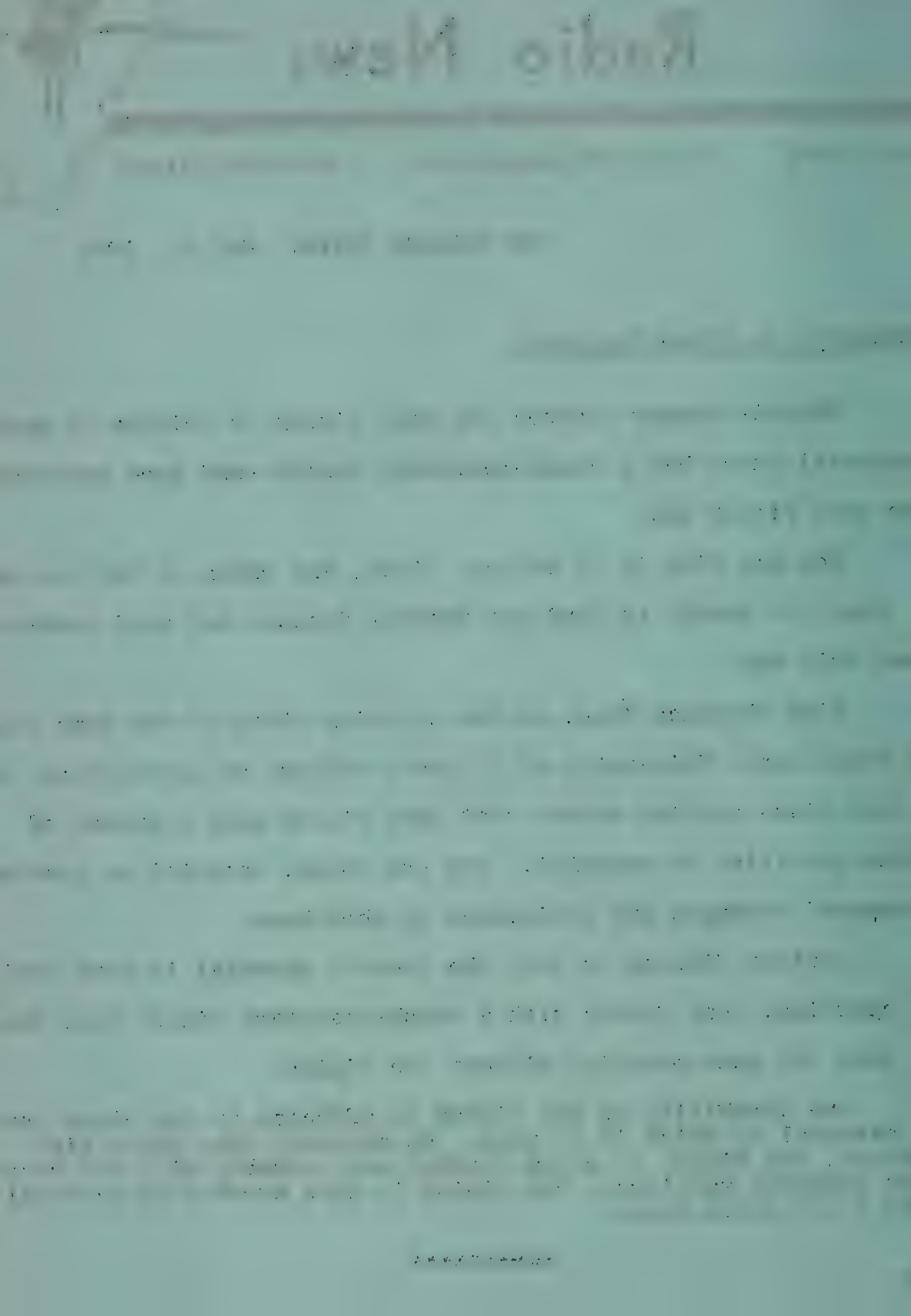
URBANA--Summer clothes are less likely to wrinkle if made from material which has a crush-resistant finish--and more materials do have this finish now.

You may find it on cotton, linen, and rayon as well as on wool. Read the labels to find out whether dresses and yard goods are finished this way.

Miss Florence King, on the clothing staff of the Home Economics Department, University of Illinois College of Agriculture, reports that class studies showed that this finish gave a number of desirable qualities to material. For one thing, material so treated has increased strength and resistance to shrinkage.

Another finding is that the treated material is more resistant to spotting. And fabric with a crush-resistant finish will drape better than the same material without the finish.

The durability of the finish is affected by the cloth count of the material on which it is used. On material that has a high cloth count, the finish is quite durable and probably will not be removed by numerous washings. The finish is less durable on material that has a low cloth count.



Check Water for Purity

URBANA--"Be sure it's pure." That's the motto to follow if your family uses a private water supply.

A well or cistern that isn't pure can be a hazard to family health. Miss Elizabeth Scofield, health specialist at the University of Illinois College of Agriculture, warns that impure water can spread such serious diseases as typhoid fever.

To have your water supply checked, write to the Illinois Department of Public Health, Springfield. They will send you a sterile container in which you can put a sample of the water you use. Then mail the sample to that department and they will test it free of charge.

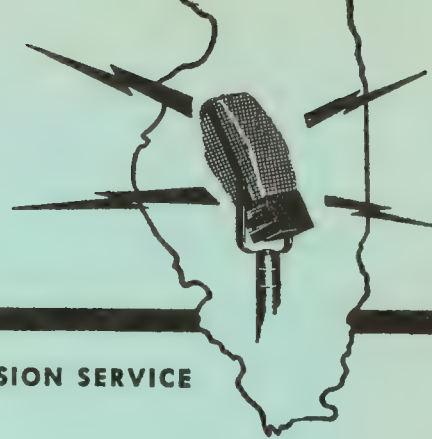
As a general rule, have water tested at least once a year. And when there's any reason for doubt about its purity, have it checked more often.

Use Easy Way to Hang Clothes

URBANA--Set the clothes basket on a cart when you're hanging out the laundry and this job will take less stooping. Home management specialists at the University of Illinois College of Agriculture say that a wheel cart may be built to suit your height. Or you can use a child's wagon or a wheelbarrow for the same purpose. Even if the wagon is too low to save you from stooping, it will eliminate the job of carrying the basket.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 28, 1949

Fresh Pineapples--For Good Flavor

URBANA--Fresh pineapples are listed in the "best buys" column for the week ahead. They are noted for their fine flavor and aroma and are good companions for any number of other fruits--both fresh and canned.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says a ripe pineapple is dark orange-yellow rather than green in color and has a very fragrant odor. Good-quality fruit is heavy, with flat and almost hollow "eyes" in the skin.

Look for decay. If there are soft spots in the skin or signs of decay at the base or around the eyes, the fruit has probably been held too long.

When ripe, the fruit that is heaviest in proportion to its size is generally the best in flavor, juiciness and texture. An average-sized pineapple weighs about 2 pounds, and when peeled and diced it will yield about two and one-half cups of fruit. To ripen pineapple at home, hold it at a temperature of 65 to 70° F.

JEH:lw
5-25-49

Chests of Drawers Are Versatile

URBANA--A chest of drawers can be a mighty convenient piece of furniture, especially since manufacturers are making models that serve more than one purpose.

Miss Marion Kaeser, home furnishings specialist at the University of Illinois College of Agriculture, points out features to keep in mind when you go shopping for a new storage unit. You can find some chests that are also usable as desks or vanities. These models have special drawers that, when pulled out, convert the chest into a desk or vanity.

By careful selection, you may get a chest of drawers that will fit into several different rooms. Choose a style and wood that will blend with most of the other furniture in your home. Then you can use the chest in your living room, dining room, or bedroom. This feature is especially desirable if you plan to move at some future date and may wish to change your furniture around.

When you go shopping for any new furniture, see whether it is made to provide some storage space. Miss Kaeser says that some new beds are made with a storage bin which pulls out from under the foot of the bed. And a vanity stool may have a storage compartment under the seat.

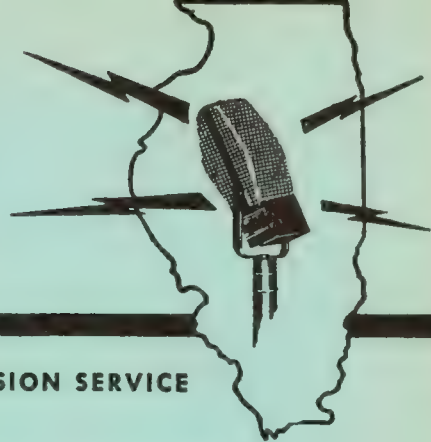
Cooling Pressure Canner--Don't Rush

URBANA--You will need to cool a pressure canner carefully after processing time is up, or the equipment may be damaged. Never try to rush cooling by pouring cool water over canner. Here's the correct cooling method to follow when canning in glass jars: As soon as processing time is up, gently slide canner away from heat. Let canner stand until pressure is zero. Now wait a minute or two--no longer. Then slowly open petcock or take off weighted gage. Unfasten cover and tilt far side up so the steam will escape away from you.

NJM:lw
5-25-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 30, 1949

Flower Containers--Choose Simple Ones

URBANA--Are you tired of your regular flower vases and bowls? Do you seldom have exactly the right one for the flowers you have to arrange?

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says to try one of your old-fashioned tureens, or a bean pot, or a glass baking dish as a container. Select one that is simple in design. Containers that are highly decorated and those made in strange shapes tend to compete with the flowers for attention.

In addition to being attractive in appearance, a flower container should stand firmly on its base and be large enough to hold sufficient water. The mouth should be wide enough to support the flower stems without crowding. Soft green, blue, blue-green, pink, tan, gray, and white blend well with most flowers and foliage.

Refreshment Tip--Keep your sandwiches simple for afternoon tea. Two kinds that go well together are currant jam with ground walnuts and butter on white bread, and paper thin rounds of brown bread spread with cream cheese.

JEH:lw
5-25-49

THE MOBILE NEWS, FRIDAY, MAY 15, 1936

RECEIVED BY THE MOBILE NEWS

Mobile, May 15, 1936. The Mobile News is pleased to announce that the following items have been received from the Mobile News Bureau:

1. A copy of the Mobile News, dated May 15, 1936, has been received from the Mobile News Bureau. The copy is being distributed to the Mobile News Bureau and the Mobile News Bureau is being distributed to the Mobile News Bureau.

2. A copy of the Mobile News, dated May 15, 1936, has been received from the Mobile News Bureau. The copy is being distributed to the Mobile News Bureau and the Mobile News Bureau is being distributed to the Mobile News Bureau.

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Pillows Need Washing? Here's How

URBANA--You can wash your pillows at home, and easily, if you have patience and a reasonable amount of work space. A tub, plenty of soap and water, and a large, closely woven bag are the equipment you'll need.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests that you schedule the job for a clear, sunny day, if possible. First remove the feathers from the ticking to the closely woven bag and tie the top of the bag securely. Be sure the bag is large enough to prevent the feathers from packing.

Wash the bag of feathers in a tub of warm, soapy water, gently sousing it up and down. If necessary, change the water and repeat the washing. Rinse in clear warm water and dry thoroughly in the sun and wind or indoors with an electric fan. Shake the feathers occasionally during drying to prevent packing and to fluff them.

Wash the ticking in the same way as any cotton fabric. When feathers and ticking are thoroughly dry, reassemble the pillow. To keep your pillows in condition between washings, air and sun them frequently and brush the ticking with a whisk broom. A "protector" cover over the ticking, which can be removed and washed occasionally, is a good first aid.

The following paper, read at the meeting of the Royal Anthropological Institute, held on the 10th of January, 1901, at the Royal Albert Hall, London, is published by permission of the Council of the Institute.

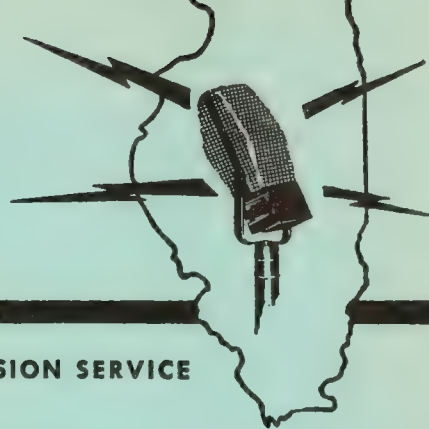
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 31, 1949

Your Electric Iron--Turn It Off When You Leave the Board

URBANA--Make it a rule to turn off your iron when you are called away from the ironing board. You may be away longer than you think to answer the telephone or doorbell, or to take care of the needs of one of the children.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, advises pulling the wall plug rather than disconnecting the cord from the iron. Connecting and disconnecting the cord with the plug connected to the wall outlet may cause sparking. Sparking slowly destroys the metal of the iron terminals, and they will have to be replaced.

If your iron has a thermostat, disconnect it by turning it off. Irons with thermostats in good working order will not overheat if you leave them connected, but they go on using current unless the thermostat is turned to "Off." The disconnecting habit is a good one--it saves your iron and it saves current.

Preparing Fresh Pineapple? Here's A Peeling Tip

URBANA--If preparing fresh pineapple seems a difficult task, here is good news. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says we can speed the work by completing one part of the preparation before we start the next step. For example, slice the whole pineapple before you start the peeling job.

Set up your cutting board near the sink. Remove the spikes or stems, and then wash the fruit thoroughly, using a vegetable brush to remove all loose scales. Place the pineapple on the board and cut it into crosswise slices or fingers. Use a sturdy, sharp knife.

Peel all of the slices and remove the core as you work. Last of all remove the eyes. This is perhaps the most time-consuming part of the preparation job and should be done carefully in order to avoid waste. A tomato knife or a knife with a floating blade is a good tool to use. If neither one is available, then select a small knife with a pointed blade.

Cleaning Suggestion for Aluminum Canners--Don't use strong soaps or harsh scouring powders on your aluminum canner. Instead, remove the stains with a paste of whiting and vinegar. (Whiting can be purchased at your drug store.) If your canner is made of porcelain-enamel steel, use water instead of the vinegar.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 1, 1949

Milk Requirements--Suggestions for Meeting Quota

URBANA--It is easy for one to talk glibly about the importance of milk in the diet. However, meeting the quota--even when the budget is ample--often presents a problem.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that it isn't necessary to drink our full quota of milk. Manufactured dairy products, for example, cheese or ice cream, are a good source of a substantial portion of the requirement.

Cooking with milk instead of water is another way to step up the milk intake. Cereals cooked with milk, puddings and custards, and cream soups are popular fare when they are right in texture and flavor, and served attractively.

Milk is a good between-meal pickup too. If it isn't popular "as is," find a new dress for it. Milk drinks, fruit beverages topped with a generous portion of ice cream, chilled custards topped with fresh berries, and tall frosted malted milks are favorites.

It is difficult to get enough calcium for good bones and teeth without a regular supply of milk or milk products. Milk is an excellent source of calcium and riboflavin. In addition it contains phosphorous, vitamin A, some vitamin D, thiamin, fat and sugar.

JEH:er
5/26/49

Radio News

WEDNESDAY, JANUARY 12, 1938

THE following is a list of the radio news items for the week of January 12, 1938.

1. The first item is a report from the United States Coast Guard that a small boat with four people on board was sighted in the Atlantic Ocean on January 10. The boat was carrying a large amount of cargo, and the crew was reported to be in good health.

2. The second item is a report from the British Admiralty that a large ship was sighted in the North Atlantic on January 11. The ship was carrying a large amount of cargo, and the crew was reported to be in good health.

3. The third item is a report from the Canadian Coast Guard that a small boat with two people on board was sighted in the Atlantic Ocean on January 12. The boat was carrying a large amount of cargo, and the crew was reported to be in good health.

4. The fourth item is a report from the United States Coast Guard that a small boat with three people on board was sighted in the Atlantic Ocean on January 13. The boat was carrying a large amount of cargo, and the crew was reported to be in good health.

5. The fifth item is a report from the British Admiralty that a large ship was sighted in the North Atlantic on January 14. The ship was carrying a large amount of cargo, and the crew was reported to be in good health.

6. The sixth item is a report from the Canadian Coast Guard that a small boat with two people on board was sighted in the Atlantic Ocean on January 15. The boat was carrying a large amount of cargo, and the crew was reported to be in good health.

7. The seventh item is a report from the United States Coast Guard that a small boat with three people on board was sighted in the Atlantic Ocean on January 16. The boat was carrying a large amount of cargo, and the crew was reported to be in good health.

8. The eighth item is a report from the British Admiralty that a large ship was sighted in the North Atlantic on January 17. The ship was carrying a large amount of cargo, and the crew was reported to be in good health.

9. The ninth item is a report from the Canadian Coast Guard that a small boat with two people on board was sighted in the Atlantic Ocean on January 18. The boat was carrying a large amount of cargo, and the crew was reported to be in good health.

10. The tenth item is a report from the United States Coast Guard that a small boat with three people on board was sighted in the Atlantic Ocean on January 19. The boat was carrying a large amount of cargo, and the crew was reported to be in good health.

Flower Arrangement for Community Meetings

URBANA--If you are chairman of the flower committee for the Commencement Program or for your club's annual meeting, don't despair. Home gardens are loaded with lovely flowers that you can make into very attractive bouquets.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says to choose massive, showy flowers and ones that are not too fragrant. Most people won't be close enough to notice details, so strive for a good general effect.

The same basic principles apply to flower arrangements for public buildings as for your home. Balance is important, and when the arrangement is balanced, opposite sides appear to weigh the same. In formal balance, flowers and leaves are the same size, color and position on both sides of the center. When balance is informal, both sides seem to weigh the same, but they differ in size, color and position of flowers. In planning the arrangement, remember that large, compact, bright or dark flowers look heaviest.

Flowers for brief occasions need not be selected for lasting qualities. Choose containers in keeping with the size of the arrangement. Decide whether it will be seen from all sides, and go lightly on filler, such as asparagus fern and other foliage.

THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION
PUBLISHED WEEKLY
CHICAGO, ILL., MAY 1, 1930
VOLUME 41, NUMBER 19

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 2, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies are topped carrots, spinach, cabbage, green beans, leaf lettuce and pineapples.

If you do not have to watch your budget too closely, you'll be interested in asparagus, broccoli, onions and strawberries.

This information comes from Professor Lee Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from various areas of the state.

FOR RELEASE THURSDAY, JUNE 2, 1949

Get Variety Into Vacation Time

URBANA--Planning a vacation? You'll find that one way to get the most fun out of it is to take several short trips instead of one long one.

A series of short trips will mean more variety and usually will be more of a treat for the whole family than a longer trip. That's especially true if your family includes several youngsters.

Miss Margueritte Briggs, family relations specialist at the University of Illinois College of Agriculture, suggests that you spend a day or so of vacation on just one activity. It could be fishing, hiking, swimming, or picnicking. You'll find that youngsters enjoy these varied short excursions because they get to see and do a number of different things. And a child "grows" more from a wide range of activities and experiences.

When you're deciding on your vacation series, try to include at least one excursion to suit the special interest of each youngster and each adult. This will let each one have a chance to use his special ability or talent. For instance, you can take a trip to a lake where Billy and Sue can show off their swimming ability. When you go picnicking, Dad can show his skill at building fires, and Mom can be chief cook. Then everyone will have a good time, because folks enjoy feeling pride and satisfaction in what they do well.

NJM:lw
5-27-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 3, 1949

Start Spraying Now--Keep House Fly-Free

URBANA--Start spraying now with an insecticide and you'll get a head start on any flies that plan to take up residence at your house this summer.

Some important places to use the insecticide around the house are porch ceilings, screen doors and frames, and window screens and frames. It's best to paint the screens and frames instead of spraying them.

When it comes to choosing an insecticide for this purpose, you'll find that DDT makes a satisfactory spray. That's the recommendation of H. B. Petty, insect specialist in the University of Illinois College of Agriculture and Natural History Survey. Petty advises using DDT of a 25 percent emulsifiable concentrate diluted to 5 percent strength.

After the first application of insecticide, you'll need to keep up the spraying to get effective control. Try to use the insecticide around the house at least once a month.

In using DDT, remember that it is poisonous, though not extremely dangerous. Petty warns that you should keep this chemical off the pantry shelf. And take precautions to prevent DDT from getting into food if you're using the spray around the kitchen or dining areas.

To avoid breathing in too much spray, wear a respirator or handkerchief over your nose and mouth when spraying in confined areas. After using the spray, wash thoroughly with soap and water.

Radio News

Radio News is a weekly publication of the
Radio News Company, Inc., 1000
Broadway, New York, N. Y.

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Wise Marketing Saves Food Pennies

URBANA--Personal shopping pays dividends. This is especially true in buying fresh fruits and vegetables, because quality often depends on selection, and waste tends to run high.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says every shopper should learn to judge fruits and vegetables by appearance and odor. Handling should be permitted only when necessary to judge quality.

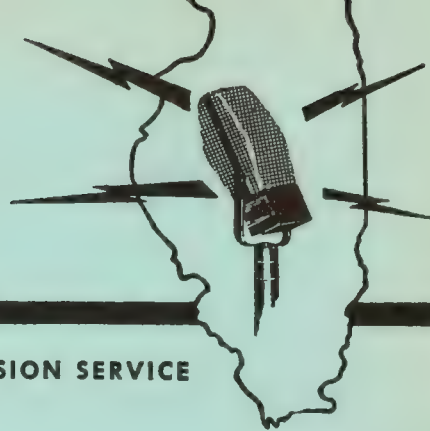
Use caution and judgment in buying slightly damaged produce, even when you plan to use it immediately. Waste in preparation can easily wipe out any possible saving. On the other hand, we should learn to distinguish between blemishes that affect quality and those that affect only appearance. Scars on grapefruit and soft spots that do not penetrate the rind of melons are good examples of blemishes that affect appearance only.

Buy by weight when possible, as measures vary with the way in which the food is packed. Then, too, weight gives you an accurate method of making price comparisons between stores.

Make it a rule to try the different kinds of fruits and vegetables offered by your local markets. Check crop reports as the season advances. Whenever possible, take advantage of locally grown produce. It is usually more reasonable in price and frequently is superior in quality to that shipped from a distance.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 4, 1949

Week-end Marketing Tips

URBANA--Professor Lee Somers, vegetable crop and garden specialist, University of Illinois College of Agriculture, says to check your local markets this week end for leaf lettuce, cabbage, and spinach. They are coming to many markets in good supply and prices are reasonable.

Green beans and topped carrots are other vegetables that deserve attention because of good quality and reasonable price. Fresh pineapple is one of the very good buys in the fruit line. However, select it for quality and buy as you need.

The strawberry harvest is about over in the southern part of the state but mid-state beds are producing and northern ones will be ready soon. However, the supply is not sufficient to meet the demand and prices are holding. Asparagus and broccoli are also in the higher price brackets.

Storage Tips for Cheese--Cheese should be stored in the refrigerator in a covered container or in a wax paper wrapping. This prevents loss of moisture and, in case of strong cheeses, it prevents other foods from taking on the cheese odor. Butter and Limburger, for example, are not good mixers.

JEH:er

DATE: 2006, 11/27/06, 10:11:05 AM

Journal of Management Studies, 19(1), 67-80.

1. The first step in the process of identifying a problem is to define the problem. This involves identifying the symptoms of the problem and determining the scope of the problem. Once the problem has been defined, the next step is to identify the causes of the problem. This involves identifying the factors that are contributing to the problem and determining the underlying causes. Once the causes have been identified, the next step is to develop a plan of action. This involves identifying the steps that need to be taken to solve the problem and determining the resources that will be needed to implement the plan. Finally, the last step in the process is to implement the plan and monitor the results. This involves putting the plan into action and tracking the progress of the solution. Once the problem has been solved, the final step is to evaluate the results and determine if the solution was effective. This involves comparing the results of the solution to the original problem and determining if the problem has been solved. If the problem has not been solved, the process may need to be repeated.

any person or persons who have been convicted of a crime involving moral turpitude shall be ineligible for admission to the United States.

◆ ◆ ◆ ◆ ◆

1. Remember that all that is of value in the world is the truth. The only way to find it is by following the path of reason and logic. Do not let emotions or passions lead you astray. The truth is often uncomfortable, but it is always worth the pursuit.

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FOR RELEASE SATURDAY, JUNE 4, 1949

Hearty Salad--For Saturday Night Supper

URBANA--Informality is the thing for Saturday night supper. It's a good time to serve one dish as the main stay of the meal whether for family or guests, and at this time of year a hearty salad is an excellent choice.

"Make it a meat salad," says Miss Frances Cook, food specialist, University of Illinois College of Agriculture, "and you'll please the men folk as well as the women." Chicken salad is always a popular choice, but why not vary it by using a combination of meats.

Slivers of baked or boiled ham are delicious with chicken. Bits of crisp bacon add good flavor. Tiny cubes of lean roast beef, meat loaf, or of any number of cold cuts make good additions.

Chicken, sweetbreads, and hard cooked eggs is a delicious combination. Use the proportion of about $\frac{1}{2}$ pound of sweetbreads and 4 hard cooked eggs to 2 cups of chicken. Add a portion of chopped celery, a few minced chives and barely a trace of garlic and dress the salad with either mayonnaise or French dressing.

Chicken and pineapple are good companions in the salad bowl. Use the proportion of 1 cup of the diced pineapple, drained, to about 3 cups of chicken. Celery, hard cooked eggs, and a few chopped walnuts add contrast in flavor and texture. Mayonnaise, cooked dressing, or French dressing may be used, depending on preference.

JEH:er

Business Model Canvas

The Business Model Canvas is a strategic management template for developing new business models. It is a one-page document that describes how a company creates, delivers, and captures value. It is a tool for visualizing and testing business models.

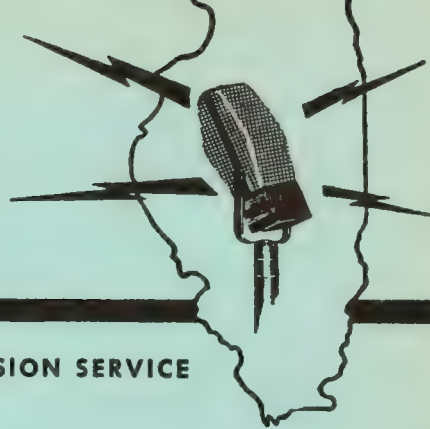
The Business Model Canvas is divided into nine building blocks. The first four blocks (Customer Segments, Channels, Distribution Channels, and Revenue Streams) describe the value proposition. The next four blocks (Cost Channels, Cost Structure, and Revenue Streams) describe the value delivery. The final block (Revenue Streams) describes the value capture.

The Business Model Canvas is a tool for visualizing and testing business models. It is a one-page document that describes how a company creates, delivers, and captures value. It is a tool for visualizing and testing business models.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 6, 1949

Dry Milk--How to Store

URBANA--Dry milk (nonfat dry milk solids) is trickling into midwest markets and in packages sized for family use. Some homemakers are giving it a trial for their day-by-day food preparation. Others are considering it for their summer cabins and for camping trips.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, warns that dry milk calls for proper storage. Once a package is opened it should be kept under refrigeration, or the contents should be transferred to a jar or tin that can be tightly sealed.

Dry milk that is left open to the air will gradually absorb moisture. Humid summer days may cause the milk to cake, become discolored, and change in flavor. Like other dried foods it keeps best when cold and closely covered. If it can be refrigerated, then it should be kept tightly covered to protect it from moisture and also from dust and insects.

Sandwich Suggestions--For picnics, lunch boxes, and afternoon snacks, you'll want a variety of sandwiches. Try this trick: combine cream cheese or cottage cheese with honey, add chopped nuts or raisins, and spread the mixture on thin slices of rye bread.

FOR RELEASE MONDAY, JUNE 6, 1949

Dress Your Child to Match the Weather

URBANA--Hot humid days are on their way. When the temperature hovers around eighty degrees clothes become a burden to young children. What to do about it?

Miss Edna R. Gray, clothing specialist, University of Illinois College of Agriculture, says to dress your child according to the weather each day. Society does demand that even young children be clothed but mothers can contribute to their comfort, even on a very hot day, by selecting clothing with the temperature in mind.

Garments for hot humid days should be simple in design--devoid of ruffles and frills and overlapping or double parts. Materials should be selected that allow the skin to breathe and at the same time absorb moisture. Those that call for starching and those that have permanent finishes should be avoided for they are less absorbent and the air does not penetrate readily.

Seersuckers, with the crinkle woven not pressed in, light weight gingham and percales are good materials for play suits. Select the one-piece type and avoid collars and cuffs and unnecessary bands and belts. Be sure the garment is ample to protect the child's body and is fitted loosely. If decoration is important use a flat binding or Ric Rac braid in a contrasting color.

Some overalls and shorts are made of material far too heavy and nonporous for hot weather wear. Today's markets have a denim light enough in weight to be comfortable yet sufficiently sturdy to give good service. Some seersuckers are durable enough for even larger children's overalls and shorts.

Keep undergarments to a minimum. Cotton knitted materials absorb more moisture than most woven materials. They are cooler to wear and easier to launder.

JEH:er
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 7, 1949

Steam Irons--Call For Good Care

URBANA--Steam irons are coming to market in increasing numbers. Families that take care of most of their pressing problems at home are finding them very helpful. However, these irons call for care if they are to give good service over a period of time.

Miss Margaret Goodyear, home management specialist, University of Illinois College of Agriculture, warns that the manufacturer's directions should be followed to the letter. There are a number of different types of steam irons on the market, and each manufacturer has set up the directions that are most satisfactory for his equipment.

Whatever your type or make of steam iron one rule holds: Fill it with soft or boiled water. If hard water is used, mineral deposits may form on the lining of the water compartment and clog the steam holes. It saves both time and current to put hot water in the iron. Set the iron flat before you start to fill it.

When you are through with the ironing job, empty all water from the iron. Store it with the filler cap off to dry out the water compartment.

JEH:er

Washing Tricks--For Slip Covers

URBANA--Much of the beauty and charm of slip covers comes from their fresh crisp appearance. A few basic rules will speed the laundry job, which must be done frequently if the furniture is in constant use.

Your vacuum cleaner is a first-rate tool to use for the pre-washing work. Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says to vacuum the slip covers--giving special attention to the seams and bindings--before you put them into the tub. If the flounce is pleated, take time to baste the pleats in place or use rust-proof pins to hold them in line.

It is good policy to launder one large piece at a time. Spots that are badly soiled--the arms or back for example--should be rubbed gently with a good suds or a grease solvent before they are laundered. Treat all grease spots with the solvent.

Wash the covers in medium-warm water, using a mild soap, and then rinse them thoroughly. Several rinses may be needed to remove all of the soap. Light-weight cotton covers usually finish better if a thin starch is added to the final rinse water.

Iron the slip covers carefully, keeping in mind the shape of each section. Avoid stretching or pulling. Put them back on the furniture when they are thoroughly dry.

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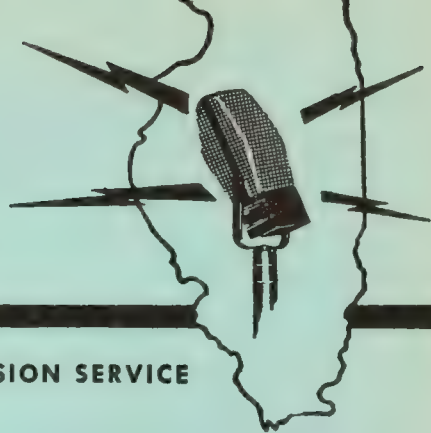
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 8, 1949

Budget Buys--Check Your Local Markets

URBANA--Stretching food pennies takes ingenuity aplenty these days, but scores of homemakers are doing it, and successfully. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says making good use of plentiful foods is one of the rules observed by thrifty women.

The month of June adds new foods to the plentiful list.

Dairy products are near the top because this is the time of year when milk production is high. Eggs, fish, broilers and fryers, peanut butter, and dried peas and beans are other plentiful protein foods.

Prices on most fresh fruits are in the higher brackets, so ask about canned mixed fruits, canned apricots, and canned peaches. Home-grown rhubarb, which is generously available in most midwest markets, can help to solve the fruit problem. Fresh pineapple is an excellent buy in some areas.

At fresh vegetable counters you'll find cabbage, leaf lettuce, green beans, and Irish potatoes. Canned corn and lower grade canned peas are both plentiful, and they are easy to adapt to day-by-day menu plans.

JEH:er

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Spinach--Let's Freeze It

URBANA--Crisp, fresh spinach is coming to local markets and will be ready in home gardens very soon. While it may not have all of the characteristics attributed to it by the famous Popeye, it is a good vegetable and worth storing for later meals.

Freezing is the preferred method for preserving spinach. Foods research specialists at the University of Illinois College of Agriculture, have found that the product is far better in color, flavor, and texture when frozen than when canned. Then, too, freezing preserves more of the important nutrients.

Select first-quality spinach--spinach with crisp, tender leaves and stalks and deep green in color. Wash it thoroughly and then blanch it. Work with a small quantity at a time, weigh it, and allow 4 quarts of water to each pound of spinach for blanching.

Blanching time for spinach is one minute exactly. Place the vegetable in a wire basket or sieve, and lower it into the kettle of boiling water. Count the time from the moment the vegetable is lowered into the water. Keep the cover on the kettle, and heat the water continuously during the blanching period.

Cool the spinach quickly by plunging the basket into a large container of cold water. Have the container under the cold water faucet, and use running water to speed the cooling. If running water is not available, use several containers and transfer the basket as the water becomes slightly warm.

Drain the spinach as soon as it is thoroughly cooled. Pack it at once and seal the containers. Transfer the cartons to the freezing unit promptly. If there is delay, store the cartons in the refrigerator but not longer than three or four hours. The temperature of the refrigerator should be approximately 38° to 45° F.

The first of the two papers presented at the meeting was by Dr. J. H. Van Vleet, who presented a paper on the "Effect of Temperature on the Growth of the Tadpoles of the Common Frog (*Rana temporaria*)". The second paper was presented by Dr. J. H. Van Vleet, who presented a paper on the "Effect of Temperature on the Growth of the Tadpoles of the Common Frog (*Rana temporaria*)".

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 9, 1949

Fresh Fruits and Vegetables--Best Buys This Week (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--are cabbage, asparagus, onions, carrots, lettuce, spinach, and other greens.

If you do not need to keep too close an eye on your budget, you'll be interested in strawberries, tomatoes, broccoli, and celery.

This information comes from Professor Lee A. Somers, vegetable crop and garden specialist, University of Illinois College of Agriculture. Professor Somers bases his information on special reports from the principal markets and on special crop reports from the fruit- and vegetable-growing areas.

For Morning Appetites--For a change in the routine breakfast menu, serve Honey Cinnamon Toast. Toast one side of the bread; then spread the untoasted side with butter and honey and sprinkle lightly with cinnamon. Place the slices under the broiler for a few minutes, until the bread is delicately browned and the flavors are blended.

JEH:lw
6-6-49

Radio News

THE RADIO NEWS, 1934

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Refrigerator Ice Cream--Beat to Smooth

URBANA--Beating after freezing is a real aid to getting smoothness in refrigerator ice cream. That's a hint worth remembering when you're making this favorite warm-weather dessert.

There are two reasons for beating the frozen ice cream. Mrs. Pearl Janssen on the foods and nutrition staff of the Home Economics Department, University of Illinois College of Agriculture, explains that beating breaks up the large ice crystals. It also makes the ice cream light and fluffy.

The one exception to this rule is ice cream made with whipped evaporated milk. Don't beat this ice cream after it's frozen because you will beat out the air.

When you're making refrigerator ice cream, take it out of the refrigerator to beat as soon as it's frozen for the first time. Break it up in a bowl; then beat it with an electric mixer or by hand. Beat it just until fluffy and smooth, but not melted. Then quickly put it back in the refrigerator and refreeze it as fast as possible.

Refreezing will be speeded up when the bottom of the tray freezes to the compartment of the refrigeration unit. You can hasten this process by pouring about 1/4 cup of water over the area of the freezing compartment where the tray is to be placed.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 10, 1949

Test Pressure Saucepan for Canning

URBANA--If you're thinking of using a pressure saucepan for canning, here's a word of advice. First make sure it's tall enough for pint jars and then check the gage for accuracy.

Miss Frances Cook, foods specialist at the University of Illinois College of Agriculture, says this is the way to find out whether the pan is tall enough: Put a rack in the bottom of the pan and set the covered pint jars on it. Then put a cover on the pan. If the cover goes on easily, the pan is tall enough for canning.

To get good results in canning, you need an accurate gage on the pressure saucepan. If the gage doesn't register correctly, it will be impossible to figure the correct processing time. The gage should be accurate enough to indicate a pressure of 10 pounds when the temperature inside the pressure saucepan is 240° F. That's the most widely used pressure and temperature for canning. The gage can be checked at the office of the county home adviser or at the store where you bought the pan.

For canning in a pressure saucepan, use a longer processing time than for the pressure canner. Then the products will be thoroughly sterilized. Some recommended processing times for the pressure saucepan are: asparagus, 45 minutes; and peas, 60 minutes.

Spinach Is Versatile--Let's Make It Interesting

URBANA--How do you like your spinach? Served plain or in fancy dress? Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says it is one of our most versatile vegetables. Its popularity depends on the ingenuity and resourcefulness of the cook.

Spinach is easy to cook, but it does require some care. When it is overcooked, it loses its shape, color, flavor, and general goodness. A good method is to cook it in its own juice--that is, in the water that clings to the leaves from washing. Scatter the salt among the leaves, not just on top, so that the whole dish will be evenly salted.

Keep the cooking temperature low to wilt the greens slowly. When they are about half wilted, add other seasonings, such as olive oil, bacon fat or crisp diced bacon, and finish the cooking. The entire cooking process should take not more than 8 or 10 minutes.

Olive oil plus just a trace of garlic lends a good flavor touch to spinach. Allow about 1/4 cup of olive oil per pound of uncooked spinach. Split a small clove of garlic and simmer it gently in the oil for two or three minutes and cool it slightly. Remove the garlic and add the oil to the spinach about 4 or 5 minutes before the end of the cooking period. Mix the leaves gently with a fork until they are coated with the oil; then complete the cooking.

For variety in seasoning, add lemon juice to the olive oil before you pour it over the spinach. Two tablespoons of lemon juice to 1/4 cup of the oil is a proportion that suits average tastes. Another popular seasoning trick is to brown 1/2 cup of diced bacon until it is barely crisp and add it, along with the fat, to the spinach.

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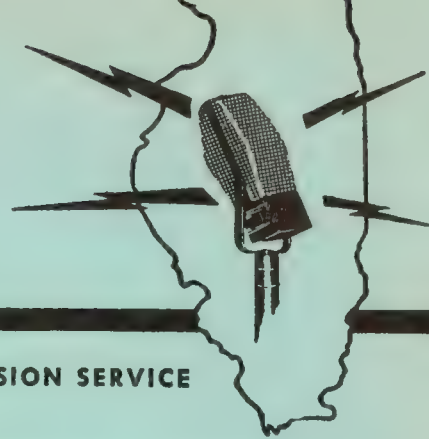
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 11, 1949

Finishing Seams? To Pink or Not to Pink Is the Question

URBANA--Finishing seams requires a considerable amount of time, and home sewers are interested in methods that will speed the job. Pinking is a quick method, but we need to know our fabrics. It is not suited to all fabrics. How is one to decide?

"Test before you pink" is the rule to follow. Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, sends along directions for making the test:

For nonwashable materials, pink a sample of the material lengthwise, crosswise and diagonally of the grain. Then rub the material between your hands. If it frays, don't finish the seams by pinking.

For washable materials, pink the sample in the three directions--lengthwise, crosswise and diagonally of the grain--and then wash it. If it frays in washing, don't pink the seams.

Measuring Tip--No matter how long you've sewed, a ruler is a better guide than your eye. An 18-inch ruler or yardstick is a good tool to use in placing patterns on the material. And if you don't have a skirt marker, you'll find it handy, too, for measuring garments from the floor.

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1. The first step is to identify the problem or goal. This involves understanding the current situation and what needs to be achieved.

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Asparagus--Homegrown and Good

URBANA--Let's make asparagus a frequent vegetable choice this month. It is coming to market from Madison and St. Clair counties, from the Kankakee area, and from gardens in southeast Cook county. Michigan asparagus also is on its way to our midwest markets.

Asparagus is best when it is sped from garden to table. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to select it for quality and use it promptly. If you have it in your home garden, harvest it just ahead of the preparation time.

It's rich in vitamin A when it is deep green in color and fresh and crisp. It also rates as a good source of iron, and some vitamin C. Cook it with your eye on the clock and to the "just tender" stage. Overcooking destroys texture, flavor, and luscious color.

Good Sandwich Tip--Be They Hearty or Dainty--Mince or grind smoked tongue, add prepared mustard to taste, a dash of horseradish, and enough mayonnaise or salad dressing to moisten. Spread between slices of buttered whole wheat or rye bread.

For variation add a portion of good, sharp pickle relish instead of the horseradish. Put the hearty sandwiches together with thin slices of tomato and crisp lettuce leaves. Or serve the lettuce and tomatoes 'longside "salad fashion."

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 13, 1949

Planning to Can or Freeze Chicken? Now's the Time

URBANA--Many farm flocks are being culled, and good supplies of mature chickens are on their way to market. This is a particularly good time to tuck some of them into cans or freezer lockers for future use.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says plump stewing or roasting hens are a good choice for both freezing and canning. The meat seems to be better in texture and to have more flavor after processing than the younger, lighter weight birds.

If freezing is your choice, you'll want to freeze the meaty pieces raw. Remove the leg and thigh bones to save storage space. Cook the bony pieces, strip the meat from the bones, and use it for preparing chicken a la king or creamed chicken before freezing.

Cut the chicken into serving or even smaller pieces for canning, removing the bone or not, as you prefer. Can it in jars or in tins, but process it in your pressure canner. Don't attempt to can chicken by any other home method.

JEH:lw
6-8-49

Radio News

WEDNESDAY, JANUARY 12, 1938

THE NEW YORK TIMES

The New York Times is a daily newspaper published in New York City. It is one of the most influential newspapers in the world. The paper is known for its high-quality journalism and its commitment to reporting the news as it happens.

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Lightweight birds

If you are looking for a bird that is light and easy to handle, you should consider a lightweight bird. These birds are often used in aviculture and are known for their gentle nature.

Remove the bird from the cage and place it in a large, open area. This will allow the bird to stretch its wings and get some exercise. It is important to handle the bird carefully to avoid any injury.

After the bird has been released, it should be monitored closely. If the bird shows any signs of distress or injury, it should be taken back to the cage immediately. It is important to provide the bird with a safe and secure environment.

For more information on bird care and aviculture, please contact your local avian veterinarian. They will be able to provide you with the best advice and resources for your bird.

It is important to handle the bird carefully to avoid any injury.

Wallpaper--What Type? How Much?

URBANA--Selecting wallpaper calls for a thorough study of the room to be papered. Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says to consider the ceiling height, the size of the room, the amount of light that enters the room, and the substantial pieces of furniture.

Decide first on the effect you wish to achieve. If you want to make a large room seem smaller, use large, bold patterns and dark warm shades of rust, brown, and rose. To enlarge a small room, avoid heavy-textured papers. Use small patterns with a smooth surface, and concentrate on pale, cool shades of blue, gray, cream or ivory. Paint the woodwork the same light color predominating in the paper.

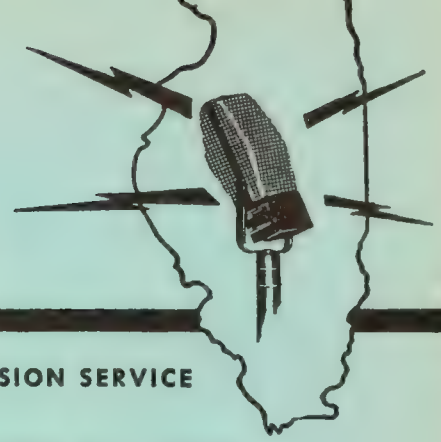
If your problem is a long, narrow room, use plain or small-patterned paper on three of the walls. Paper the fourth wall with a dark color or a bold pattern. Or, if you prefer, use a scenic pattern on the fourth wall, keeping the other three plain.

Vertical designs will increase ceiling height; horizontal designs will decrease it. Dark, warm colors will lower the ceiling; pale, light ones tend to lend height.

To estimate the approximate amount of paper you'll need, find the number of square feet to be covered and divide by 30. A single roll covers 36 square feet, but dividing by 30 will allow for waste in cutting, trimming, and matching papers. Subtract one roll of paper for every two regular openings, such as windows or doors.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 14, 1949

Good Fruit Buys--How to Use Them

URBANA--Some of the best fruit buys on the market at present are canned fruits. Cannery and wholesalers reported recently that they had over a million and a half more cases of canned peaches on hand this year than last year. Stocks of canned mixed fruits--chiefly fruit cocktail--are as large as last year, and stocks of canned apricots are up nearly a million.

Canned fruits save time and labor for busy homemakers. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that we use them with the fresh fruits in season. It's a good way to keep menus interesting and to stretch food pennies.

Canned peaches topped with a few fresh raspberries make a delightful dessert. Canned mixed fruit plus fresh strawberries can be used to get a luncheon or dinner off to a good start, or to add the perfect finish. Canned apricot halves and fresh pineapple make a perfect salad combination.

Canned peaches and apricots are excellent additions to the fruit salad plate. Drain them thoroughly, chill them and use them with pineapple rings or fingers, grapefruit segments, and apple slices. Add a few fresh raspberries or strawberries for contrast in color and flavor.

Radio News

THE NATIONAL BROADCASTING COMPANY

Radio News

Radio News is a weekly magazine of the radio industry. It is published by the National Broadcasting Company, Inc., and is distributed to its members. The magazine contains news, features, and commentary on the radio industry. It is a valuable resource for radio professionals and enthusiasts alike.

The magazine is published weekly, except for two issues which are combined into one. It is distributed to members of the National Broadcasting Company, Inc. The magazine is also available for purchase by non-members.

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Sterling Silver or Silverplate--Which to Buy

URBANA--June is the month of graduations and weddings, and both occasions call for gifts. When silver is the choice, the first question that must be decided is whether it shall be sterling or silverplate.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, warns that silver is a long-time investment and calls for considerable expenditure of money. Ample time should be taken to consider every phase of the problem.

Income of the receiver as well as the giver should be considered. Sterling contains about fourteen times more silver than the same piece in plated wear, but it costs about two and one-half times as much. There is also a luxury tax on sterling.

The amount and type of entertaining to be done should also be considered. Should the service be formal or for general use? Is the budget ample to purchase other appointments--linen, china, glass-ware--in keeping with sterling?

Sterling has an advantage in that it can be bought in individual place settings or pieces, enabling one to purchase as needed or as income permits. Silverplate, however, usually comes boxed with service for eight or twelve.

Bargain sales in silver should be investigated thoroughly. The sale may mean that the manufacturer is discontinuing the line or even going out of business, making additional purchases at future dates impossible. It is very important to buy from a reputable company that will stand behind its product.

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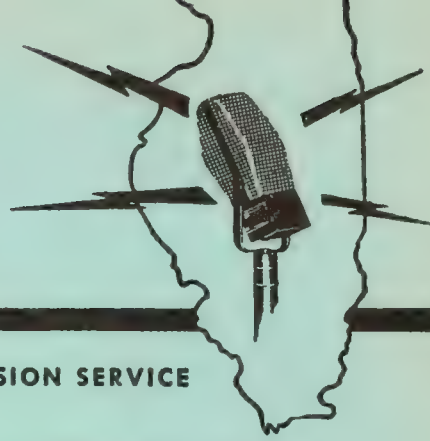
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 15, 1949

Check Local Markets for Red Raspberries--They're Ready for Freezing

URBANA--Red raspberries are ripe. Their season is short, so don't delay if you are planning to store them for later use. Both Sunrise and Lathams are being harvested in southern Illinois--in the Anna-Cobden-Carbondale area.

Raspberries are one of our most perishable fruits, so buy them just as soon after harvesting as you can, and select them carefully. Foods research specialists at the University of Illinois College of Agriculture have found that freezing preserves more of their delicate flavor, aroma, and fine texture than canning does.

Choose ripe, juicy berries for freezing, and sort and wash them. For best results, pack them in a 30 to 40 percent syrup (1 cup of sugar to 1 1/4 or 2 cups of water), leaving 1/4 inch of head space in pint containers and 1/2 inch in quart containers.

In preparing the syrup, dissolve the sugar in cold water by stirring. Or, if you prefer, heat the mixture to speed the job. Boiling is not necessary. However, if you do heat the mixture, be sure to cool it before you pour it over the berries.

When the containers are filled and sealed, freeze them promptly. If there is delay, store them in your refrigerator for a short time but for not longer than 3 or 4 hours. The temperature of the refrigerator should be approximately 38° to 45° F.

JEH:lw
6-10-49

Continued from page 1

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Grass Stains on Rayon--How to Remove

URBANA--Grass stains on rayon can become troublesome and difficult to remove. Prompt action is imperative in order to prevent the stain from "setting" and injuring the fabric.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says to first check the material to determine whether it is washable. If it is washable, sponge the grass stain with denatured alcohol and then wash it in warm, soapy water and rinse it thoroughly. IF THE MATERIAL CONTAINS ACETATE RAYON, DILUTE THE ALCOHOL WITH 2 PARTS OF WATER.

For nonwashable rayons, sponge the stain with alcohol--diluting it for acetate rayon. Use a light brushing movement and work from the outside of the stain toward the center. This prevents forming a ring. If the whole garment is somewhat soiled, you may need to have it dry-cleaned after the stain is removed. The alcohol will tend to clean the fabric as it removes the stain, leaving a clean spot in the soiled garment.

Fastenings--For Children's Overalls

URBANA--If you're making overalls for your young child, you'll want to choose the fastenings carefully. Clothing specialists at the University of Illinois College of Agriculture recommend fasteners that are both light in weight and durable.

Flat, round buttons, medium in size, are usually easiest for young children to manage. Avoid heavy hardware types like those used on older boys and men's overalls. Select them with laundering in mind. Avoid metals that may rust, bend, or crush in the laundry.

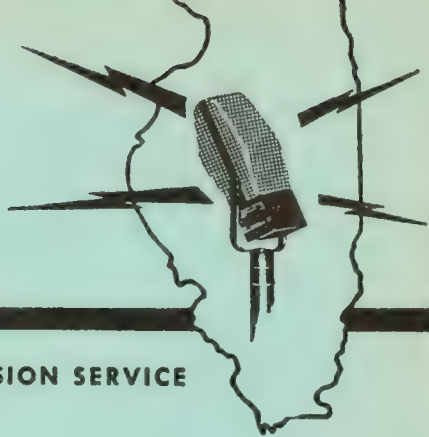
The first thing I noticed when I stepped out of the plane was the cold. It was a sharp contrast to the warm, humid air of the tropics. I had heard that the weather in the mountains was unpredictable, but I didn't realize it would be so different. The air was crisp and clear, and the view was breathtaking. I had heard that the mountains were beautiful, but I didn't realize they were so majestic. The peaks were jagged and steep, and the valleys were deep and wide. I had heard that the people were friendly, but I didn't realize they were so warm and welcoming. I had heard that the food was delicious, but I didn't realize it was so hearty and filling. I had heard that the music was beautiful, but I didn't realize it was so soulful and moving. I had heard that the dance was beautiful, but I didn't realize it was so energetic and vibrant. I had heard that the culture was rich, but I didn't realize it was so diverse and colorful. I had heard that the history was fascinating, but I didn't realize it was so ancient and mysterious. I had heard that the legends were true, but I didn't realize they were so powerful and inspiring. I had heard that the people were brave, but I didn't realize they were so brave and courageous. I had heard that the people were kind, but I didn't realize they were so kind and generous. I had heard that the people were honest, but I didn't realize they were so honest and straightforward. I had heard that the people were loyal, but I didn't realize they were so loyal and devoted. I had heard that the people were brave, but I didn't realize they were so brave and courageous. I had heard that the people were kind, but I didn't realize they were so kind and generous. I had heard that the people were honest, but I didn't realize they were so honest and straightforward. I had heard that the people were loyal, but I didn't realize they were so loyal and devoted.

The second thing I noticed was the silence. It was a deep, profound silence that seemed to fill the entire valley. I had heard that the mountains were quiet, but I didn't realize it was so still and peaceful. The only sounds I could hear were the rustle of the leaves and the chirping of the birds. It was a beautiful sound, and it made me feel like I was in a secret garden. I had heard that the mountains were beautiful, but I didn't realize they were so peaceful and serene. The peaks were jagged and steep, and the valleys were deep and wide. I had heard that the people were friendly, but I didn't realize they were so warm and welcoming. I had heard that the food was delicious, but I didn't realize it was so hearty and filling. I had heard that the music was beautiful, but I didn't realize it was so soulful and moving. I had heard that the dance was beautiful, but I didn't realize it was so energetic and vibrant. I had heard that the culture was rich, but I didn't realize it was so diverse and colorful. I had heard that the history was fascinating, but I didn't realize it was so ancient and mysterious. I had heard that the legends were true, but I didn't realize they were so powerful and inspiring. I had heard that the people were brave, but I didn't realize they were so brave and courageous. I had heard that the people were kind, but I didn't realize they were so kind and generous. I had heard that the people were honest, but I didn't realize they were so honest and straightforward. I had heard that the people were loyal, but I didn't realize they were so loyal and devoted.

The third thing I noticed was the beauty. It was a beauty that I had never seen before. The mountains were so majestic and powerful, and the valleys were so deep and wide. The peaks were jagged and steep, and the valleys were deep and wide. I had heard that the mountains were beautiful, but I didn't realize they were so majestic and powerful. The peaks were jagged and steep, and the valleys were deep and wide. I had heard that the people were friendly, but I didn't realize they were so warm and welcoming. I had heard that the food was delicious, but I didn't realize it was so hearty and filling. I had heard that the music was beautiful, but I didn't realize it was so soulful and moving. I had heard that the dance was beautiful, but I didn't realize it was so energetic and vibrant. I had heard that the culture was rich, but I didn't realize it was so diverse and colorful. I had heard that the history was fascinating, but I didn't realize it was so ancient and mysterious. I had heard that the legends were true, but I didn't realize they were so powerful and inspiring. I had heard that the people were brave, but I didn't realize they were so brave and courageous. I had heard that the people were kind, but I didn't realize they were so kind and generous. I had heard that the people were honest, but I didn't realize they were so honest and straightforward. I had heard that the people were loyal, but I didn't realize they were so loyal and devoted.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 16, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--are lettuce, cabbage, topped carrots, dry onions, turnips, spinach and other greens.

If you do not have to watch your budget too closely, you'll be interested in broccoli, cucumbers, cauliflower, and strawberries. This week's strawberries are about the last of the season; so if you are interested, plan to buy very soon.

This information comes from Professor Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from the various areas of the state.

Flavoring Tip--Honey blends well with the natural flavor of any kind of fresh fruit that needs sweetening. Drizzle it over the fruit, and allow it to stand about 30 minutes before serving. Add it with a light hand--too much honey will mask the fresh fruit flavor rather than enhance it.

Radio News

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FOR RELEASE THURSDAY, JUNE 16, 1949

Early Peas Are Ready for Freezing

URBANA--Early peas--bright green and tender--are coming to market from Illinois gardens. For tops in flavor, texture, and color, freeze them as soon as you can after harvesting. Delay seems to destroy much of their fine quality.

Select peas for freezing that are right for eating. That's the advice of Dr. Frances Van Dwyne, foods research specialist, University of Illinois College of Agriculture. Remember that freezing does not improve the quality of the product. Top-quality peas are the only ones worthy of the time, energy and money required to preserve them.

For success in preparing peas to freeze, wash and sort them carefully after they've been hulled. Discard any that are not up to standard because only a small number of them can spoil the flavor of several cartons of peas.

The next step is to blanch (scald) the peas. This helps to keep their color, flavor and food value. To blanch a pound, put them into a wire basket or sieve; then lower them into a kettle containing 3 quarts of boiling water. Hold them there for 1 minute, counting time from the moment they are put into the water. Keep kettle covered during blanching and continue heating.

As soon as scalding time is up, lift the basket of peas out of the hot water and plunge it into a large container of cold water. Put this container under the cold-water faucet and cool it quickly with running water. Or you can use ice water or several containers of cold water for cooling. Then thoroughly drain the peas and pack them into moisture- and vapor-proof containers. Seal and freeze at once.

JEH:lw
6/13/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 17, 1949

Fish for Family Menus--It's in Good Supply

URBANA--Fish is in good supply at local markets this week end. Most types are good buys from the price standpoint, so select according to family tastes and the method of preparation you plan to use.

Number one on the best buy list is lake herring, according to reports from the U.S. Fish and Wildlife Service. Yellow perch, yellow pike, whitefish, and lake trout are other good buys. Prices are a little lower for yellow pike in some areas. Prices on lake trout, lake herring and whitefish are holding up.

Most markets have a good supply of fresh halibut on hand, and an unusually good supply of frozen halibut. Among the shellfish you'll find frozen lobster tails, scallops and shrimp. Fresh shrimp is coming into the markets again also.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to cook fish and seafood with your eye on the clock. One mistake home cooks frequently make is to overcook. Overcooking not only destroys the texture and fine flavor of the product, but tends to cause the "fish odor" which is so objectionable.

Use a medium to low temperature for most fish and seafoods, and cook only until the product is thoroughly heated and tender. If browning is important, place under the broiler for not more than 2 to 3 minutes at the end of the cooking period.

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FOR RELEASE FRIDAY, JUNE 17, 1949

Your Sheet Supply--Be Sure It's Ample

URBANA--How's your supply of sheets? Is it ample to allow you to rotate the sheets instead of using the same ones over and over again?

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says it is poor economy to have too few sheets and overwork them. She recommends at least four sheets per bed if you can possibly stretch your budget to cover that number. Six per bed will allow for even better rotation and increase the life span of the sheets.

When you buy new sheets, make sure they are long enough. They usually come in two lengths--99 and 108 inches. Sheets are measured before they are hemmed, so allow for this difference when buying. Miss King recommends the longer sheets because the extra length will allow for tucking in and take care of possible shrinkage.

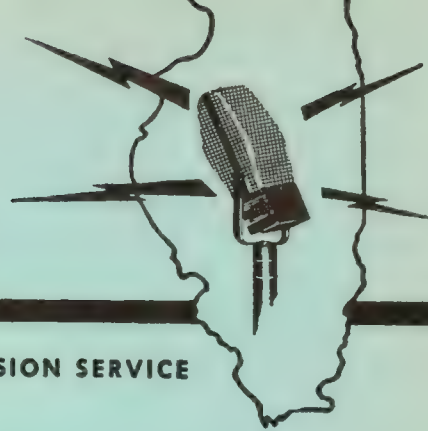
Check the width of the sheet, too, before you make your selection. Widths vary from 63 to 90 inches. For a double bed, a width of 81 to 90 inches is satisfactory. For a standard twin bed, 72 inches is best, and for a single bed, 63 inches.

Examine the hems of a sheet carefully. For good service the hem should be at least one inch wide at one end and 2 or 3 inches wide at the other. Hems should be sewed with small stitches--about 14 to the inch--and should be stitched across the ends. This prevents catching and tearing during laundering.

JEH:lw
6/13/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 18, 1949

Picnic Foods--Guard Against Spoilage

URBANA--For picnic fare, select foods that have good keeping qualities. When temperatures run high, spoilage can develop in a very short time. Frequently, it is not detected until illness occurs.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, warns that all creamed foods--milk and egg combinations--should be avoided unless they can be refrigerated or kept thoroughly chilled. Potato salad and sandwich fillings prepared with mayonnaise or salad dressing spoil very quickly when the weather is warm and humid. All meats, poultry, fish, and seafoods are on the questionable list unless their temperature can be controlled.

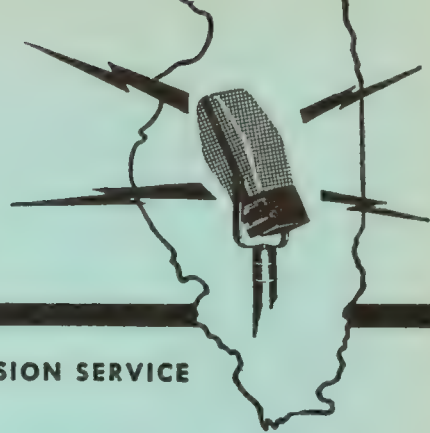
If outdoor meals are popular with your family, why not plan for equipment that will keep foods safe. Insulated bags are available in many markets where frozen foods are sold, and they are not costly. They do not refrigerate foods but will maintain temperature for several hours. However, foods should be chilled thoroughly before they are placed in the bags.

Satisfactory "picnic refrigerators" can be devised at home and for a very few pennies. For example, place a small moisture-proof container inside a larger one, and fill the space between with crushed ice. Cover the top with a thick pad filled with excelsior or shredded paper.

An old-fashioned ice cream freezer is excellent for transporting picnic foods. Use the cream container for storing the foods and pack "as usual" with crushed ice. It will keep foods at a safe temperature for two or three hours or longer, even on a hot humid day.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 20, 1949

Use Pressure Canner for Processing Peas

URBANA--Can peas only if you have a pressure canner available for the processing. That's the advice of foods research specialists at the University of Illinois College of Agriculture. Peas are low in acid, and the temperature of boiling water is not high enough to destroy spoilage organisms.

Select young, tender, freshly picked peas and can them as soon after harvesting as is possible. Wash the pods thoroughly and shell only enough peas to fill the containers to be processed at one time. Wash the shelled peas, cover them with boiling water and bring to the boiling point quickly.

Pack the hot vegetable into pint or quart jars or No. 2 cans. Add 1/2 teaspoon of salt and 1/2 teaspoon of sugar, if desired, to each pint. Cover with boiling water, leaving one inch of head space in jars and one-fourth inch in tin cans.

Process both jars and tin cans at 10 pounds' pressure. Begin counting the processing time as soon as the required pressure is reached, allowing 40 minutes for pint and quart jars and 30 minutes for No. 2 cans. Keep pressure as uniform as possible throughout the period. Uneven pressure may cause underprocessing and also may force some of the liquid out of the jars.

JEH:lw
6-15-49

IN SENATE, JANUARY 10, 1911.

REPORT OF THE

COMMISSIONER OF THE LAND OFFICE

FOR THE YEAR 1910.

THE COMMISSIONER OF THE LAND OFFICE HAS THE HONOR TO ACKNOWLEDGE THE RECEIPT OF THE REPORT OF THE COMMISSIONER OF THE LAND OFFICE FOR THE YEAR 1910, AND TO STATE THAT THE SAME HAS BEEN RECEIVED AND IS BEING KEPT ON FILE FOR THE USE OF THE COMMISSIONER OF THE LAND OFFICE.

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Children's Clothing--Selection Important

URBANA--Color, texture, and design in clothing are as important to children as they are to grown-ups. They should be used as a guide in purchasing materials by the yard and in selecting ready-to-wear garments.

It is true that a child's own coloring sometimes dictates which color he should wear. However, Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, is of the opinion that his personality and age should also be considered. It is difficult to imagine a husky, very active child garbed in baby blue or shell pink.

The old idea of buying cloth that is stout and strong for a child's garment is outmoded. He will outgrow them long before they wear out, and he will feel and appear awkward and uncomfortable all the time he has to wear them. Then, too, the child may have a preference, and his likes and dislikes deserve consideration.

Fabric design and texture are most pleasing when scaled to the size of the child and to his age. Patterns that are too large and textures that are coarse and harsh tend to make him appear fat and clumsy. Some designs are so bold that they seem to dwarf the child's personality. Other designs and colors give the appearance of being too old for him. This frequently occurs when grown-ups' garments are made over for children.

Today's markets have light-weight, durable materials that are keyed to children's activities as well as to their personality and size. Look for light-weight denims, cotton gabardines, piqué, butcher's linen, percales, and sturdy gingham. Many of these materials are available in colors and designs--texture as well as pattern--that look like children. In general they are priced in keeping with everyday budgets.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 21, 1949

A Good Breakfast--To Start a Good Day

URBANA--The importance of a good breakfast for young folks and older ones, too, is a frequently discussed topic. But one point that deserves an answer is: How big is a good breakfast? How much food should be taken at this first meal of the day?

Apparently there is no blanket rule. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says it's the food you eat during the entire day, added up, that tells the story. A desk worker, for example, who eats a substantial lunch may get along very well on a light breakfast. However, for many people--and particularly for children--it's sound planning to have one-fourth to one-third of the day's food at breakfast.

One thing is certain--going without any breakfast is a bad start for the day. Studies indicate that workers who skip breakfast get less done in the first working hour than those who tuck away a good meal before they start. As the morning goes on, the hungry ones slow down, grow less efficient. After lunch they do better, and then as the afternoon progresses they slow down again.

What happens to these workers happens to everyone else. It is especially true of children. Our bodies need fuel for energy. Between supper and breakfast there's a 10- or 12-hour stretch. Breakfast should supply its share of energy food.

JEH:lw
6-17-49

Proper Treatment--For Men's Ties

URBANA--Men's ties for summer wear are generally light in color and thus show soil very quickly. To launder or to dry clean them--that's the problem which calls for an answer.

Read the label on the tie before you decide to launder it, is the suggestion from Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. It should carry information which should help you decide. Many kinds of material are being used for men's ties--cotton, rayon, nylon, silk, linen, wool--and most of them will stand up under careful laundering, provided they are color-fast. However, crepe ties tend to shrink and often are difficult to reshape after washing.

Give attention to the construction of the tie. Many good ties are made with a reenforcing padding strip. Unless this is tacked or fastened securely, the tie will probably not wash satisfactorily.

To wash a tie, first cut a piece of white cardboard the exact size of the tie you are washing and slide it into the tie. It should fit snugly but not tightly.

Prepare a thick suds of mild soap and lukewarm water, and rub the suds--not the water--gently into the fabric. Use a sponge or a piece of terry cloth for applying the suds, and work rapidly. Then remove every trace of soap with clear warm water on the sponge or cloth. Do not let the tie become saturated with water.

Press the tie between folds of a Turkish towel to remove excess moisture, and then spread it flat to dry, leaving the cardboard inside. Place under a slightly dampened cloth and press on both sides, but avoid creases at the edges. Turn the tie halfway around on the cardboard, and use the tip of the iron to remove any crease that may have formed. Leave the cardboard inside the tie until the fabric is completely dry.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 22, 1949

Washing Without a Machine? Tricks to Lighten the Work

URBANA--Even when equipment is limited, a lot of drudgery can be taken out of the laundry job. Better management and better methods will help. For example, there are a few rules that apply especially to hand-washing that will make it easier.

For efficient work, fill the tub only half-full of clothes--don't overload it, advises Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. If you are using a plunger to agitate the clothes, have a standing suds of 2 inches. As the washing progresses, you may need to add more soap to maintain this much suds.

If you are using a washboard, work up suds in the tub before you start to rub the clothes, and use no more friction than is necessary. Clean badly soiled spots with a brush. Rubbing the fabric hard enough to get a spot out is likely to weaken it.

When necessary to whiten clothes, put them in a boiler of soapy water and let them boil for about 5 minutes. This is often necessary when washing without a machine, as the wash water cannot be hotter than the hands can bear--about 118° F.

JEH:lw
6-17-49

Canned Apricots--They're Plentiful and Good Quality

URBANA--Canned apricots belong in family market baskets.

Stocks are about a million cases greater than a year ago. It is true that consumption has increased, but the 1948 pack was very large and the good supply keeps the price in line.

Apricots are easy to fit into menu plans--and for every meal of the day. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says one of the easiest ways to use them is to tuck them into salads. Apricot halves topped with cottage cheese or cream cheese and served with crisp greens make a delightful salad.

Grapefruit sections, fresh or canned, can be teamed with apricots for a salad. Or start with a pineapple slice for the mainstay of the salad, and top with the apricot halves. Banana slices or fingers and apricot halves make another good salad choice.

Apricots are a fine accompaniment for a roast or chops. Place the drained halves in a shallow baking dish, pit side up. Pour a small amount of butter or bacon fat over the fruit, and sprinkle it very lightly with salt. Broil or bake until the fruit is thoroughly heated and lightly browned.

PUBLISHED WEEKLY
CHICAGO, ILL., MAY 1, 1914

Subscription price, Five Dollars per Annum in Advance. Single Copies, Fifteen Cents.
Entered as Second-Class Matter, May 2, 1912, under Post Office No. 383, at Chicago, Ill., under special agreement of Post Office and General Delivery. Accepted for mailing at special rate of postage provided for in Act of October 3, 1917, authorized on July 16, 1918. Postage paid at Chicago, Ill., and at additional mailing offices. Postmaster: Send address changes in this journal to THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, 535 North Dearborn Street, Chicago, Ill.

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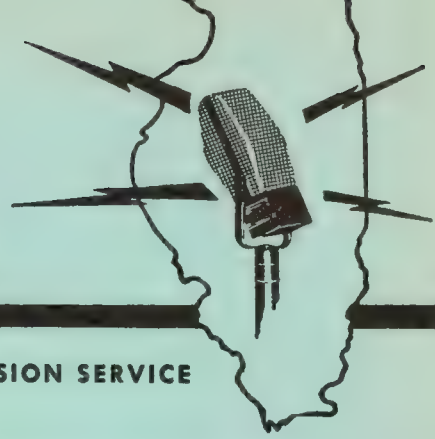
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Continued on inside cover

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 23, 1949

Fresh Fruit and Vegetables--Best Buys This Week (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are cabbage, summer squash, onions, carrots, spinach and several other greens.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, Bing cherries, raspberries, and yellow transparent apples.

This information comes from Lee A. Somers, specialist in vegetable crop and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from the principal markets and on special crop reports from the fruit- and vegetable-growing areas throughout the state.

Electric Range Pointers--The most vital parts of your electric range are the wires that furnish the heat. DON'T OVERHEAT THEM. Repeated overheating may damage them so that they will have to be replaced.

To prevent overheating, use pans that fit the unit and make good contact with the unit surface. Turn the switch from its highest heat to a lower heat as soon as food starts to cook.

Yellow Transparents--Get Them Now

URBANA--Yellow Transparents are coming to market. Their season is short, so check supplies at your local stores. They are "tops" for applesauce, and if you're planning to can them you'll want only quality fruit.

Transparent apples are easy to can. Foods research specialists at the University of Illinois College of Agriculture recommend the boiling-water bath for the processing. A pressure canner is not necessary owing to the high acid content of the fruit.

Select fully matured fruit that is in good condition. Wash, pare, and core the apples, and cut them into pieces the desired size. Work with small quantities at one time, and carry the processing through as rapidly as you can. If you are working alone, it is a good plan to drop the pared apples into a weak brine--1 tablespoon of salt to 1 quart of water--to prevent discoloration.

Boil the apples in thin syrup-- $\frac{2}{3}$ cup sugar to 2 cups water--from 5 to 10 minutes, and pack them hot into the containers. The hot-pack method reduces danger of spoilage and saves jar space. Process pint jars 5 minutes and quart jars 10 minutes. If you are using cans, process No. 2 cans 5 minutes and No. 3 cans 10 minutes.

JEH:lw
5-20-49

THE JOURNAL OF THE ROYAL ANTHROPOLOGICAL INSTITUTE

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 24, 1949

Fiber Rugs--Pointers on Buying

URBANA--If you are in the market for a fiber rug, take time to determine quality. While fiber rugs are sometimes considered to be seasonal or temporary, there are some on the market that will give excellent service.

Fiber rugs are made from a special kind of treated paper made from the wood pulp of fir or spruce trees. Their wearing quality depends on the quality of the fiber and the treatment given it. It also depends on the tightness of the twist of the fiber and the firmness of the weave.

Read the label carefully and examine the fiber twist and the weave. A tight twist and a firm weave are both considered marks of quality. Take stock of the binding and the way in which it is fastened to the rug. Ask about colorfastness to sunlight and to moisture.

Many of the rugs coming to market are good in design and lovely in color. Others are distracting in design and bold and harsh in color. However, many stores offer a wide choice so that it is possible to select one in keeping with the color scheme of the room or porch. These rugs are reversible and are made in a variety of sizes, ranging from the small scatter-rug type to the large cover-all ones for the center of the floor.

Published Weekly by the Radio News Company, Inc.

Subscription Price: \$5.00 per Annum in Advance

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The Radio News Company, Inc. is a corporation organized under the laws of the State of New York. Its principal office is located at 1234 Broadway, New York, N. Y. 10001. It is a corporation with a capital of \$1,000,000.00 and a surplus of \$250,000.00. It is a corporation with a total of 1,000,000 shares of common stock, of which 1,000,000 shares are outstanding. It is a corporation with a total of 1,000,000 shares of common stock, of which 1,000,000 shares are outstanding.

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FOR RELEASE FRIDAY, JUNE 24, 1949

Planning Sunday Night Supper? Here's an Easy One

URBANA--If you want an easy-to-serve Sunday night supper, plan your menu around cold sliced tongue. It's a popular meat and a good companion for any number of foods.

Complete your menu with a crisp vegetable salad or a fresh fruit salad, homemade biscuits or rolls that can be reheated or toasted quickly, and a suitable beverage. If portions are generous, you can forget about the dessert. Your family or guests will not miss it.

Select the tongue carefully. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that some markets have a variety--beef, veal, pork, and lamb tongues. These vary in size from one-half to five pounds. In addition to the fresh tongues, some markets carry the smoked, corned, and pickled ones.

Check prices along with kind and quality. Smaller tongues--lamb, pork, veal--are sometimes lower in price than the heavier beef tongue. However, it is important to check waste and estimate the yield in servings. There may be more waste in several small tongues than in one large one.

If you buy smoked tongue, plan to soak it for several hours--even overnight--in cold water. After soaking, cover with fresh water, heat to boiling, and then discard the water. Cover with fresh water and cook the same as a fresh tongue--simmer until tender.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 25, 1949

Poultry Is Perishable--Store It at Low Temperature

URBANA--Store poultry as soon as it comes from market, and give it space in the coldest part of your refrigerator. This rule should be followed whether the poultry is fresh or frozen, says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture.

Poultry that was not drawn when purchased should be drawn before it is stored. Clean the giblets thoroughly, wrap them loosely in wax paper and store them outside the cavity of the bird. This gives them a better opportunity to cool thoroughly.

Left-over poultry should be refrigerated promptly. If the bird has been stuffed, remove the stuffing and refrigerate it separately. The same rule applies to poultry that has been cooked an hour or two ahead of serving time. Don't allow it to stand at room temperature.

Summer temperatures run high and poultry--frozen, fresh and cooked--is very perishable. Prompt storage at low temperature is the best assurance of maximum protection against spoilage.

Omelet or Souffle--Here's a Mixing Tip--When you make an omelet or a souffle, fold the heavy mixture into the beaten egg white. Do not fold the whites into the mixture if you want the finished product to be light, fluffy and tender.

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FOR RELEASE MONDAY, JUNE 27, 1949

Cherries for Pie--Let's Freeze Them

URBANA--Fresh cherry pie--warm and fragrant and fine in flavor! Can you think of a more popular dessert for any time of the year? Tart pie cherries are coming to market, and now is the time to tuck some of them into home freezers.

Sour cherries, or pie cherries, are one of the easiest of fruits to prepare for freezing. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to be particular in selecting the fruit. Only the firm, fully ripe cherries are worth storing. Fruit that is overripe or not fully matured will be poor in flavor and texture.

Wash the cherries and remove the stems and pits. Measure the pitted cherries and add 1 cup of sugar for 3 cups of the fruit. Mix carefully in order not to crush or break the cherries; then fill the containers. Use containers that can be sealed tightly and that will not leak. The more nearly moisture-proof and vapor-proof the containers are, the better the frozen product will be.

As soon as you have filled and sealed the packages, take them to the locker or freezing unit. Remember, the shorter the time between harvesting and processing, the better the flavor, color and texture of the cherries will be.

JEH:lw
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Mildew--Prevention Better Than Cure

URBANA--Rain plus warm, muggy summer weather makes growing conditions perfect for mildew. Close the house, or a section of it, for two or three days and the situation becomes even more serious. Mildew may attack anything from fabrics to woodwork. What to do about it?

Prevention should be the watchword, according to textile and clothing specialists at the University of Illinois. Molds that cause mildew are always in the air, and when conditions are favorable they'll grow on anything from which they can get enough food. Mildew is difficult to control once it starts.

The logical step in preventing mildew is to remove the cause of dampness. If dampness in the air causes the moisture--which is often true during the summer months--then all we can do is to keep things as dry as possible.

If necessary, heat the house for a short time, even though it makes it uncomfortable. Then open the windows and doors. The warm air will escape, taking the moisture with it. This plan will work when the outside air is cooler and drier than that outside. If you have an electric fan, use it to force the warm air out more quickly. Take advantage of cool nights to freshen the air in the entire house.

If you are bothered with mildew and you need help in removing it, send for the University of Illinois leaflet, "Preventing and Removing Mildew--Home Methods." It gives directions for treating clothing, books and leather. It also suggests treatment for painted surfaces and for wallpaper. Write to the University of Illinois College of Agriculture, Urbana, Illinois.

THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION
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CHICAGO, ILL., MAY 1, 1930
VOLUME 41, NUMBER 19

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FOR RELEASE TUESDAY, JUNE 28, 1949

Cotton Fabrics--Shrink Before Cutting

URBANA--To prevent garments from changing shape or size in the first few washings, shrink cotton fabrics before cutting. That's the word from Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Many cottons--even some which carry a shrinkage guarantee--come to retail shelves ironed crooked. They can be pulled into shape only when wet. Fabrics which have not been through a process to control future shrinkage will usually shrink somewhat in the first two or three washings. Both of these problems can be taken care of during the shrinking process.

Use the London Shrunk method of shrinking. It causes more complete shrinkage than the quick "dunk and hang on the line" method. Straighten the ends of the material if they were not torn from the bolt. Check the grain or weave to see whether the lengthwise and crosswise threads throughout the length of the material are "square"--at right angles to each other.

Lay the fabric--in its original folds--in warm water and leave it until it has taken up all the moisture it will. This may be only a

Cotton Fabrics--Shrink Before Cutting - 2

few minutes or an hour or two, depending on the material and the finish. Squeeze the water out. Wringing is likely to make permanent wrinkles.

Spread the cloth on a dry sheet, leaving about 8 to 10 inches of space at each end. Fold the sheet over the cloth, and keep on folding until the fabric is completely rolled up in the dry sheet. Leave until the sheet has taken up most of the moisture.

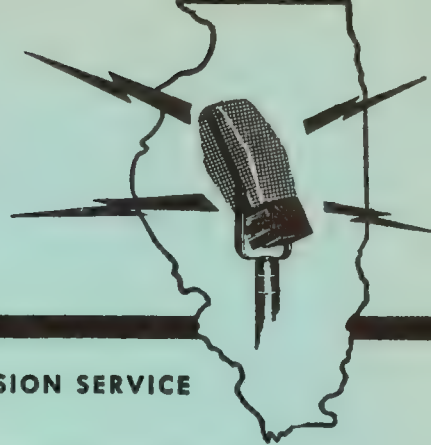
Check the grain of the material again. If the four corners are not "square"--at right angles--pull the cloth until it is straight and then lay it flat on a clean paper and leave it to dry.

Ironing will not be necessary if the cloth is spread flat and smoothed out to dry. Pressing will have to be done frequently as the garment is made, but pressing in advance should not be necessary.

JEH:lw
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Homemaking

Radio News



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FOR RELEASE WEDNESDAY, JUNE 29, 1949

Angel Cake--Reduce the Baking Time

URBANA--How long should angel cake be baked? Foods research specialists at the University of Illinois recommend stepping up the temperature to 425° F. and baking the cake for approximately 25 to 30 minutes.

Preheat your oven to the recommended temperature--425° F.--and bake the cake for approximately 15 minutes, or until the top is light brown. This allows a protective crust to form on the sides of the cake so that the interior will cook slowly.

When the top is light brown in color, turn off your oven and let the cake continue baking until it tests done--about 10 minutes. To test for doneness, insert a fine cake tester into the center. The cake is done when no batter clings to the tester. Remove it from the oven and invert the pan until the cake is cool. This prevents the cake from falling.

If you have a favorite recipe for angel cake that has given good results when baked at a low temperature for about one hour, it will probably give you good results when baked by the new method. However, if you wish the recipe used in the baking tests, send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

JEH:lw
6-29-49

Fresh Vegetables--Cook Them for Flavor

URBANA--Fresh, crisp vegetables are important enough to deserve special care in cooking. Perhaps one of the reasons some folks "just don't like certain vegetables" is that those vegetables are sent to the table devoid of both flavor and texture.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, recommends starting vegetables to cook in just enough boiling salted water to cover the bottom of the pan--1/4 to 1/2 cup. Cover pan tightly to hold in the steam. Use enough heat to return the water to boiling after you've added the vegetable; then reduce it so that the water will boil gently.

After several minutes, lift the vegetable to stir it and let the steam penetrate. Then, after 7 or 8 minutes, test for doneness.

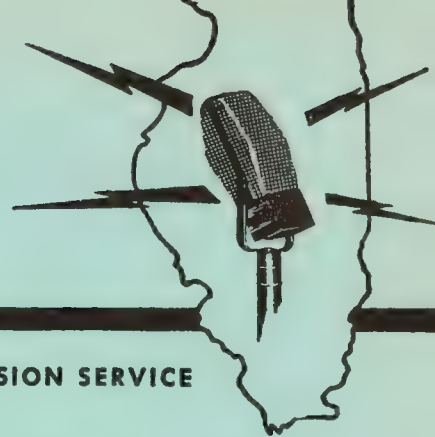
Cook most vegetables to the "just tender" stage. Overcooking robs them of their color, texture and fine, fresh flavor.

Fire Hazards--Let's Check Them--Many fires are caused by poorly insulated stovepipes extending through walls. Clearance of 18 inches should be provided between stovepipes and wood surfaces.

In many homes cook stoves are working full time. There are meals to prepare and food to preserve. Let's check the equipment now--before the accident occurs.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 30, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are cabbage, beets, turnips, greens, celery and yellow transparent apples.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, cucumbers, green beans, and red raspberries.

This information comes from Lee A. Somers, specialist in vegetable crop and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from the principal markets and on special crop reports from the fruit- and vegetable-growing areas throughout the state.

For Children to Wear With Overalls--Cotton knit T-shirts with plenty of stretch in the neck for pulling on and off over the head are both practical and comfortable. They don't work up and out as blouses do. They are not bulky, need no fastenings, and do not have to be ironed.

In a short-sleeved shirt, choose sleeves that are finished with hems rather than cuffs. The open sleeve is more comfortable, and it simplifies dressing.

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FOR RELEASE THURSDAY, JUNE 30, 1949

Oven Canning Taboo

URBANA--Don't can foods in your oven. It is not a safe processing method, and food spoilage runs high. University of Illinois foods specialists recommend a pressure canner for processing all low-acid foods and a boiling water bath for those high in acid.

Records indicate that accidents have occurred in Illinois homes as a result of processing foods in the oven. Some of these accidents have caused great damage to equipment and serious injury to those doing the canning.

It is possible to obtain a high temperature in the oven. However, in order to raise the temperature of the product in the jars or cans above the boiling point, it is necessary to seal the containers completely. Complete sealing is dangerous.

When the jars or cans are completely sealed and then processed in the oven, the pressure builds up inside the container until it is much greater than on the outside. There is then danger of explosion.

Your Refrigerator--Don't overcrowd your refrigerator. It is not good for the refrigerator or the food stored. To keep the food cool, air needs to circulate inside the box. Dishes should not be crowded against one another or against the wall of the refrigerator.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 1, 1949

Fruits for Jellymaking--Here Are Requirements

URBANA--It is jellymaking time in home kitchens. Selection of the fruit is of first importance, according to Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. In order to make good jelly, a fruit must have pectin and acid, and in the proper portion.

Another point to remember is that both pectin and acid decrease as the fruit ripens. For best results use a mixture of slightly under-ripe and ripe fruit. The under-ripe fruit will supply the pectin and acid, and the ripe fruit the color and flavor.

For information on making jams, jellies and preserves, send for a copy of the USDA bulletin, "HOMEMADE JELLIES, JAMS, AND PRESERVES." Write to the University of Illinois College of Agriculture, Urbana, Illinois, or contact your county home adviser.

Fly Control Means Better Health--The so-called common house fly is known to transmit some 20 human diseases. Flies are an enemy of good health. It is not necessary to tolerate them.

Good sanitary practices plus regular use of DDT will get rid of flies. If you need information about the Illinois fly control program, contact your county farm or home adviser or your local health officer.

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Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 2, 1949

Low Temperature Best for Roasting Meat

URBANA--If you want a plump, full-flavored roast, use a low to moderate oven temperature--300 to 350° F.--throughout the cooking period. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the low temperature not only produces the best flavor, but gives a more evenly done, palatable and juicy roast.

High roasting temperatures also cause a great deal of shrinkage and thus reduce the number of servings. Even though you want plenty of drippings for gravy, it is wise to keep the temperature low.

Miss Cook does not recommend searing or browning the roast at the beginning of the cooking period. It is true that searing develops the aroma and flavor in the outside slices and gives rich brown drippings. However, it does cause loss of juice, which means loss of flavor in the roasted meat.

Don't be concerned that the meat will not be brown enough when serving time rolls 'round. Roast it at 300 to 350° F. throughout the entire period, and it will be an attractive brown color and you'll have the juice in the roast--not in the roaster. Do not add water to a tender roast. It tends to steam the meat and rob it of some of its fine flavor.

JEH:lw
6-28-49

Published Weekly by the Radio News Company, Inc.

Vol. 1, No. 1, January 1, 1922

Editorial

The first of the year brings with it a new spirit of optimism and hope. The year 1922 is full of possibilities for the radio industry. The public is becoming more and more interested in the radio, and the industry is growing rapidly. The year 1922 is a year of opportunity for the radio industry. The public is becoming more and more interested in the radio, and the industry is growing rapidly. The year 1922 is a year of opportunity for the radio industry.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 4, 1949

New Peas--Cook Them Quickly and Tightly Covered

URBANA--Cook new peas quickly and keep them tightly covered.

Laboratory tests at the University of Illinois College of Agriculture indicate that this method preserves more of their nutritive value, color and fine flavor than when the cooking is done without a cover.

Use a heavy saucepan with a tight-fitting cover or a pressure saucepan. Add only a small amount of water, and count the cooking time accurately. Allow approximately 20 minutes for cooking in the saucepan, and about 2 minutes in the pressure saucepan at 5 pounds' pressure.

Serve peas promptly--just as soon as they are cooked. Delay causes shrinkage and loss of flavor. Dress them with a butter sauce or a small amount of sweet cream, and send them to the table piping hot.

For variety in flavor, add a few chopped mint leaves to the butter sauce just before you pour it over the peas. A tablespoon of chopped green onions cooked with peas is another interesting flavor variation. Diced celery or chopped celery leaves added at the start of the cooking period are a favorite with many families. The celery flavor seems to be especially pleasing with fresh peas.

Select peas carefully, whether you buy them at market or harvest them in your home garden. For tops in quality the pods should be bright green and have a velvety appearance. Peas that are not mature have dark green pods, and the pods are not well filled. When they are overmature, the pods have a yellowish tinge.

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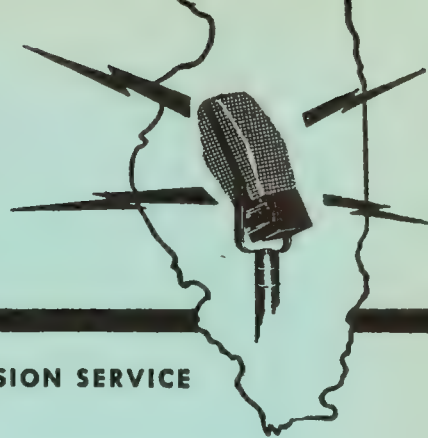
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 5, 1949

Some Garments Lose Shape When Laundered--Here's Why

URBANA--Have you ever had this happen? Your cotton frock was a perfect fit when you bought or made it. You washed it and something went wrong. It changed in size or lost its shape completely. Why did it happen? What could you have done to prevent it?

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says there are several causes. Most of them could have been controlled by putting the material in shape before cutting.

Some of the cotton yard goods come from the mill ironed crooked--the result of carelessness during finishing. When you select a ready-to-wear dress, look for the percentage-of-shrinkage guarantee. It should give reliable information regarding possible shrinkage and change in size.

You won't go home with a garment that will lose its shape when laundered or dry cleaned if you take time to try it on and examine it closely. Parts that are cut alike--sides of front, sleeves, yoke, skirt sections--should hang in exactly the same way.

Examine the grain or weave of the material in all sections of the garment. Lengthwise and crosswise threads should be "square"--at right angles to each other.

When you sew at home, take time to prepare the material before cutting. Check the grain or weave. It can be straightened only when the fabric is wet. Stretching it into shape when it is dry is of no value. It will return to its original crooked shape when it is laundered.

Some of the cotton yard goods coming to market have not been through a controlled shrinkage process. These will continue to shrink somewhat in the first two or three washings. Much of this shrinkage can be taken care of by shrinking the material thoroughly at home before the garment is cut.

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FOR RELEASE TUESDAY, JULY 5, 1949

Cottage Cheese Belongs in Your Market Basket

URBANA--Cottage cheese is plentiful and reasonable in price. Let's use it to supply part of the protein for our day-by-day meals.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that cottage cheese is very perishable and calls for careful storage. Low temperature is necessary to prevent off-flavors from developing and to retard the growth of mold.

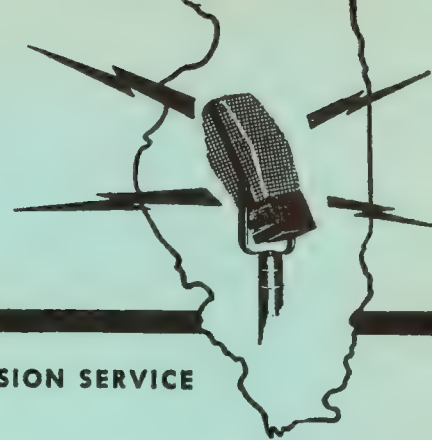
In using cottage cheese as a meat alternate, allow 10 ounces of the cheese for one pound of beef with a moderate amount of bone. Some dairies package the cheese by the pound; others use the 8-ounce packages. A pound of cottage cheese measures a little more than 2 cups. Ten ounces--the amount to use as an alternate per pound of beef--measures about 1 1/4 cups.

Serve cottage cheese "as is" seasoned with salt and a dash of pepper or paprika, or combine it with other foods. Tomato slices topped with cottage cheese make a delicious salad. Cottage cheese combined with chopped dried fruits and nuts and served on a crisp salad green is another favorite.

Cottage cheese can be used to good advantage, too, with canned fruits, and at present apricots and peaches are on the plentiful list. Drain the fruit and fill the halves with the cheese. Serve on crisp lettuce or endive with a tart French dressing.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 6, 1949

Check Fiber Content Before You Iron

URBANA--Summer frocks usually call for ironing. Many of the fabrics are mixtures and blends of fibers--wool, cotton, rayon, nylon--and they call for careful temperature control.

Check the material carefully and set the temperature control of your iron accordingly, advises Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture. Labels on ready-to-wear garments and on bolts of material often list the fiber content and the temperature for ironing. As a safeguard, test the iron on a seam or on the underside of the hem before you place it on the garment.

Rayon or any other synthetic fiber, or a mixture or blend of these fibers, require a moderate to low temperature. Acetate rayons require the lowest temperature. Too hot an iron can melt or shrivel them and damage the garment beyond repair.

MAKE IT A RULE TO CHECK BOTH FABRIC AND IRON TEMPERATURE BEFORE YOU PLACE THE IRON ON THE GARMENT.

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FOR RELEASE WEDNESDAY, JULY 6, 1949

Canning Peas? Guard Against Flat Sour

URBANA--Flat sour is a trouble-maker; it is responsible for much of the spoilage we have in home canned peas. Prevention is the only solution, because once flat sour sets in, it is too late to do anything about it.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says flat sour is generally due to heat-loving bacteria. It may also be caused by lack of proper cooling at any stage of the preparation--even in the basket or box before the peas are shelled. It may start in the basket or bin at the grocer's.

The safest plan is to work with a small quantity of peas at one time and complete the canning promptly. If peas must wait in the pods, spread them out to permit free circulation of air, and store them in a cool, well-ventilated spot. The same precaution holds for shelled peas if there is delay in processing.

When the processing has been completed, cool the jars or cans promptly. Place them on a rack and far enough apart to permit free circulation of air. Avoid direct drafts. Plunge tin cans into cold running water and cool thoroughly. If running water is not available, change the water as needed Do not permit it to become warm--another precaution against flat sour.

JEH:lw
6-29-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 7, 1949

New Potatoes--Let's Serve Them Often

URBANA--New potatoes are rolling to market. They are top quality, reasonable in price and can be as interesting and fine tasting as you wish to make them.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests some serving tricks that may be new to you. At any rate they are worth considering.

Scrape the potatoes and cook them in boiling salted water until tender. Roll them in melted butter and then in minced parsley. Squeeze a bit of lemon juice over them and serve promptly.

Or cook the potatoes until tender; and then, using the back of a spoon, press them just enough to crack them. Turn them into a hot serving dish and pour over them about 1 cup of steaming milk or cream to which has been added a small portion of butter. Sprinkle with paprika.

If you prefer, leave the skins on the potatoes. Scrub them thoroughly with a brush, and cook them in boiling salted water. Add a sprig of fresh dill about five or 10 minutes before the end of the cooking period. Some folks prefer the flavor of mint instead of dill with new potatoes. A few sprigs of fresh mint boiled with baby potatoes gives a delightful tang and a flavor that is unusually pleasing.

THE INTERNATIONAL NEWS

THE INTERNATIONAL NEWS

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FOR RELEASE THURSDAY, JULY 7, 1949

A Fire Extinguisher--A Safeguard for Your Home

URBANA--A fire extinguisher should be standard equipment for every home, rural and urban. It is a safeguard that may mean the difference between a small blaze, quickly extinguished, and the complete destruction of the building.

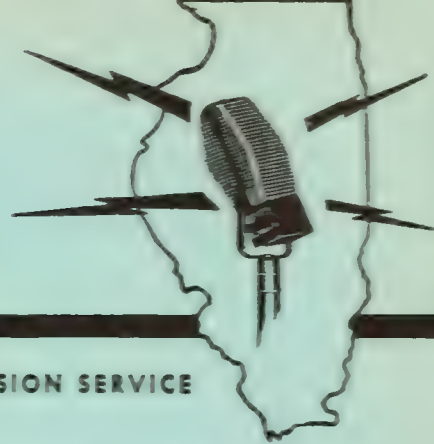
While water is the most obvious fire extinguisher, there are occasions when it can do more harm than good. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that water causes burning grease, fats and oils to spatter violently and thus spreads the flame. Water is not effective on fires involving electrical equipment and short circuits until after the circuit is cut off. In such cases the fire extinguisher is the logical answer.

Select either a carbon dioxide or carbon tetrachloride extinguisher, and locate it where it can be reached quickly and easily. Learn to operate it effectively, and teach other members of the family--teen-agers as well as adults--how to use it. Have it checked regularly according to recommendations in order to keep it in top condition.

JEH:lw
6-29-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 8, 1949

Leather Upholstery--Protect Against Mildew

URBANA--Leather will mildew when conditions are right and muggy summer weather is perfect. Before you close your home and take off for vacation, why not use that "ounce of prevention" on the leather upholstery?

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says a one percent solution of thymol in alcohol sponged on the leather will protect it from mildew for 2 to 3 months. It is available in most drug stores. There is one precaution, however--to make sure that the solution does not change the color of the leather, test it on a small area where it will not show.

Leather luggage, brief cases and purses can be protected from mildew in the same way as upholstery. Leather shoes can be protected with a good wax dressing. And don't forget the soles. A thin coat of floor wax keeps moisture out and helps to prevent mildew.

Guns Are Dangerous Weapons--About one-fourth of all fatal firearm accidents occur at home. Put firearms away unloaded, dismantled, with all of the ammunition in a locked chest. Always treat a gun as though it were loaded--until you have proved that it is not. Never aim unless you intend to fire.

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President of the United States for the year 1954

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FOR RELEASE FRIDAY, JULY 8, 1949

Red Raspberries--Use them to Add Flavor and Color

URBANA--Red raspberry prices are holding. If your budget is "just average," try combining them with other fruits. In this way you can take advantage of their fine flavor and color and still not overspend.

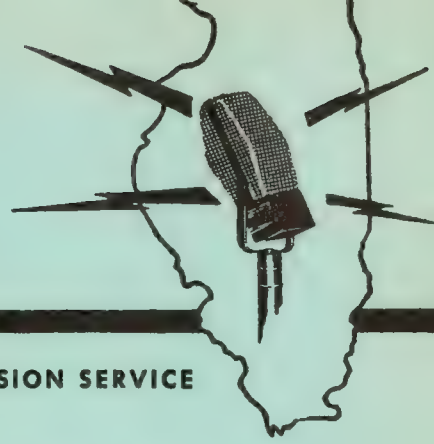
Raspberries and fresh pineapple make a delightful combination. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that combining the two fruits and adding a few crushed mint leaves and just enough sugar to sweeten lightly. Chill for about an hour ahead of serving in order to blend the flavors.

For a pie or tart filling, combine equal portions of raspberries and thinly sliced bananas, and fold in a portion of whipped cream. Heap the mixture into the baked pastry shells, and chill for a short time. Or, if you prefer, use the filling for cream puffs, or heap it into tall dessert dishes and serve with crisp not-too-rich cookies 'longside.

Fresh peach slices plus red raspberries make another interesting dessert. Red raspberries folded into chilled custards just ahead of serving time add both flavor and color. Dip the raspberries in a light syrup, drain them thoroughly, and use them as a topping for vanilla ice cream. Crush them, sweeten them lightly and serve as a topping for cottage pudding. For extra flavor, top each serving with a small portion of whipped cream. A drop of mint added to the cream will make it "extraspecial."

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 9, 1949

Your Vacuum Cleaner--Does It Need Attention?

URBANA--If your vacuum cleaner doesn't clean efficiently, perhaps it needs attention. Have you examined the brushes recently? Perhaps they need to be adjusted in order to reach the surface of the rug or carpet.

Bristles wear down in time, and the brushes or the roll need to be lowered. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that most brushes may be lowered two to five times. When the bristles are too short to reach the surface of the rug or carpet--after the lowest adjustment--then the brush or roll should be replaced.

You can make the test for the proper brush length very easily. Hold the cleaner with the nozzle part up. Lay a stiff piece of cardboard across the nozzle. The bristles should come just above the edge of the cardboard--about one-thirty-second of an inch. To lower the brushes, follow the manufacturer's directions.

Be particular about keeping the brushes clean. Once you have checked the bristles, keep them free from hair and threads. When these collect they mat the bristles and keep the brush from sweeping and cleaning as it should.

Continued from page 1

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Radio News

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 11, 1949

Fresh Peaches--Let's Use Them for Flavor

URBANA--Fresh peaches are coming to market Even though they are priced in the higher brackets we can serve them provided we plan wisely. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends using other foods to extend or carry the fresh peach flavor.

If pie is a favorite dessert, serve Cream Peach Pie. Use your recipe for cream pie, bake the shell and prepare the cream filling as usual. Cool the filling and fold in a portion of sliced peaches. Turn the mixture into the shell, top with a fluffy meringue, brown quickly and it is ready to serve.

Fold sliced peaches into a soft custard. Chill thoroughly and serve plain or topped with whipped cream. Sliced or crushed peaches, sweetened to taste, are an excellent topping for ice cream. Or, if you prefer, spread them between layers of cake and serve vanilla ice cream alongside.

Peach shortcake is another favorite, and the cake serves as an extender for the fruit. Serve it plain or topped with whipped cream. To make it extraspecial, slice the peaches, sweeten them to taste and add a few crushed mint leaves. Let them stand a half hour or longer before serving in order to blend the flavors.

Take Time to Rest--Fatigue is an important factor in home accidents. Try to rest--to take it a little easier when you feel tired. Allow yourself more time in which to do things the right way--the safe way.

THE HALLS OF THE UNIVERSITY OF CHICAGO

THE HALLS OF THE UNIVERSITY OF CHICAGO

The University of Chicago is a private research university in Chicago, Illinois. It was founded in 1837 as the first American university to be organized on the basis of the European model. The university is known for its commitment to academic excellence and its role in the development of modern higher education in the United States. It has a long history of producing world-class scholars and leaders in various fields of study.

The university's commitment to academic excellence is reflected in its high standards for admission and its rigorous curriculum. It has a strong tradition of research and scholarship, and its faculty members are among the best in the world. The university also has a strong commitment to public service and to the advancement of the human condition. It has a long history of involvement in social and political issues, and it continues to play a leading role in these areas today.

The University of Chicago is a member of the Association of American Universities and is ranked among the top universities in the world. It has a strong reputation for its research and scholarship, and its graduates are highly respected in their fields. The university also has a strong commitment to public service and to the advancement of the human condition. It has a long history of involvement in social and political issues, and it continues to play a leading role in these areas today.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 12, 1949

Home Canning--Guard Against Waste

URBANA--How much canned-food spoilage did you have last season? Did you keep a record? Commercial canners count one percent very high. Perhaps we can't control conditions in home kitchens to the extent that they are controlled in canneries, but we should fight spoilage.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that proper heating and correct sealing are absolutely necessary to successful canning. Carelessness in counting processing time is one of the reasons for such a high percentage of spoilage in home canned foods. Old closures--lids, rings, and rubbers--take their toll too.

Food and containers must be heated to temperatures high enough--and the temperatures must be continued long enough--to destroy the bacteria that cause spoilage. The container must be so sealed that air--which may contain other bacteria--cannot enter and carry in other bacteria.

Your Gas Range--Correct adjustment of burners for gas and air mixture is necessary to make the best use of the gas you burn. Unless you are certain how to make the adjustment and know what a good flame looks like, you'd better have a service man do it for you. Don't take chances--keep burners at their best.

THE NEW YORK TIMES, NEW YORK, MONDAY, JANUARY 1, 1934

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 13, 1949

Freeze Fruit First for Top-Quality Preserves

URBANA--If you are interested in "extraspecial" preserves, freeze the fresh fruit now and make it into preserves as you need it. Laboratory tests at the University of Illinois College of Agriculture indicate that this method is superior to the old one of making the preserves when the fruit is in season.

Strawberry preserves and raspberry jam were made from frozen fruit and stored for six months. They were just as bright in color and fresh in flavor as products made and served while the fruit was in season. They were better than products made of the fresh fruits and stored six months--even when storage conditions were excellent.

Jellies made from frozen berries were superior to those made from the fresh fruit. The freezing and thawing broke down the cells of the fruit and allowed the natural colors to dissolve in the juice. As a result no heating of the fruit was necessary for extracting the juice.

Milk Fizz--A Tip-Top Beverage for Children and Grown-ups--To make Milk Fizz, add flavoring such as honey or sweetened fruit juice to half a glass of cold carbonated beverage. Fill the glass with cold whole milk, stir slowly, and serve immediately.

JEH:lw
7-8-49

THE NEW YORK TIMES, MAY 15, 1945

THE NEW YORK TIMES

THE NEW YORK TIMES, MAY 15, 1945. The New York Times, published daily except on Sundays and public holidays, is a leading newspaper in the United States. It is known for its comprehensive coverage of national and international news, as well as its editorial content. The paper is owned by the New York Times Company, which is a subsidiary of the American Newspaper Publishers' Association. The New York Times has a long history of providing accurate and timely news to its readers. It is one of the most influential newspapers in the world, and its reports are often cited by other news organizations. The paper's circulation is over 1 million copies per day, and it is read by millions of people around the world. The New York Times is a member of the Associated Press, and it provides news to other newspapers through the AP wire service. The paper's website, nytimes.com, is one of the most popular news websites in the United States. The New York Times is a source of information for many people, and it is an important part of the American media landscape.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 14, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are cabbage, onions, carrots, greens, green beans, and yellow transparent apples.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, peaches, cantaloupe, and red and black raspberries.

This information comes from Lee A. Somers, specialist in vegetable crop and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from the principal markets and on special crop reports from the fruit- and vegetable-growing areas throughout the state.

Meat Alternates Save Food Pennies--One good way to keep the food budget in line is to make good use of meat alternates. Alternates for meat include fish, cheese and eggs. They are plentiful at present and reasonable in price. Let's tuck them into the family market basket.

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Canning Lima Beans? Use Pressure Canner

URBANA--Lima beans are ready for canning. For top quality, pods should be dark green, free from dark spots, crisp and fresh. They should be well filled but not overmature and bulging.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that lima beans are a low-acid vegetable. A pressure canner is necessary for the processing.

Select young, tender lima beans only; and shell and wash them. Cover them with boiling water, and bring to the boiling point. Pack hot into containers, adding a small amount of salt--1/2 teaspoon to each pint. Cover with boiling water, and process at 10 pounds' pressure.

Allow 40 minutes' processing time for No. 2 cans. Step up the time to 50 minutes for pint jars and No. 3 cans, and 55 minutes for quart jars. Count the processing time from the time the desired pressure or temperature is reached. Check the pressure carefully, and keep it as uniform as possible. Fluctuation of pressure means uneven cooking temperature and may cause underprocessing. It may also cause extraction of liquid from the jars.

JEH:lw
7-11-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 15, 1949

Honey Tricks--For Baked Foods

URBANA--Honey gives a delicate and pleasing flavor to a great variety of baked foods. It is in good supply at present, and prices are in line with "just-average" budgets.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that we need to make a few simple adjustments in the recipes for baked foods when we use honey in place of sugar. However, no correction need be made for the sweetness, for honey has practically the same sweetening power as sugar--measure for measure.

When your cake or cookie recipe calls for a large amount of sugar, you can use honey measure for measure, but the amount of liquid must be adjusted. Reduce the liquid called for in the recipe 1/4 cup for each cup of honey used, or in the same proportion for fractions of a cup.

You'll have a better textured cake if you replace only half of the sugar with the honey. The liquid must still be reduced 1/4 cup for each cup of honey used, or in the same proportion for fractions of a cup.

When you replace sugar with honey in your cake, omit the vanilla. The flavor is better without it. Keep the baking temperature moderate--350-375° F.--because mixtures containing honey brown rapidly.

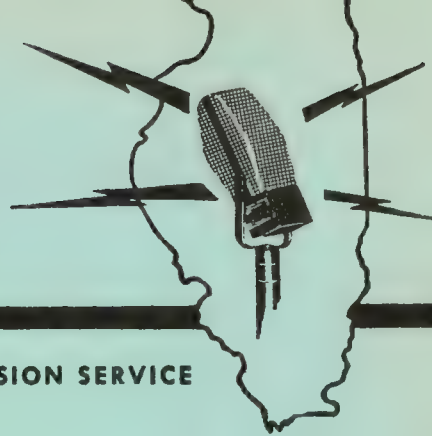
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1. *How many people are there in your family?*

doi:10.1017/S0022292412001607 Printed in the United Kingdom

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 16, 1949

Tomatoes--Give Them Time to Ripen

URBANA--Some of the tomatoes reaching local markets these days are green. Frequently they are priced lower than the fully ripe, ready-to-serve ones and represent a good buy provided you allow time for them to ripen.

Professor Lee Somers, vegetable crop and garden specialist, University of Illinois College of Agriculture, says the tomatoes will ripen within a day or so at ordinary room temperature, provided you select them carefully. Buy ones that are ripening evenly so that the whole tomato will be ready to serve at the same time.

Avoid tomatoes that are yellow and wrinkled if you want a quality product. Select ones that are smooth and well-formed. Tomatoes that are misshapen, angular, ribbed, or scarred are poor buys.

Cottage Cheese is plentiful across the midwestern dairy belt. Milk production has been heavy, and much skim milk has been processed into that favorite salad food.

For a tasty luncheon or supper salad, combine cottage cheese with wedges of ripe tomatoes and serve on crisp lettuce or shredded cabbage. Cottage cheese is also a good companion for sliced or diced pineapple.

Published by the Radio News Company, 1000 Broadway, New York, N. Y.

Subscription price, \$5.00 per year in advance.

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The company is a member of the National Association of Broadcasters and the International Brotherhood of Broadcasters. It is also a member of the American Association of Economic Development and the American Association of University Women.

FOR RELEASE SATURDAY, JULY 16, 1949

Supper Special--For Saturday Night

URBANA--If you want a quick-to-prepare main course dish for supper this evening, try Toasted Rarebit Sandwiches with Grilled Tomato Slices. Both cheese and tomatoes are in good supply in most markets, and prices are reasonable.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that the rarebit be made well in advance of supper time. It has good keeping qualities, so prepare more than enough for one meal if you wish. Cover it tightly and store it in your refrigerator.

Toasted Rarebit Sandwich With Grilled Tomato Slices

2 tablespoons butter	1/2 pound cheese, grated
1 tablespoon flour	6 slices white bread
1 teaspoon prepared mustard	3 tomatoes
1 cup milk	Sweet gherkins
Salt and pepper	

Melt butter over direct heat, blend in flour and mustard and add milk gradually. Cook over low heat, stirring constantly, until slightly thickened. Place over hot water, season to taste, add cheese and stir until smooth. Toast slices of bread, spread with rarebit, top with tomato slices and grill under low heat until tomatoes are thoroughly heated and cheese is slightly browned. Garnish with gherkins and serve hot.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 18, 1949

Plum Jam--Quick to Make and Popular

URBANA--Jam is one of the easiest fruit-and-sugar spreads to make. The tart plums coming to market are perfect for jam. Their season is short, so get them soon if you want top-quality fruit.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to allow three-fourths of a pound of sugar and one cup of water to each pound of the plums. Wash the fruit, drain it and remove the seeds. Do not peel.

Boil the plums in the water 10 to 15 minutes--or until the skins are tender, and then add the sugar. Boil the mixture to the jelly stage, stirring occasionally to prevent sticking. Pour the jam into hot sterilized jars and seal.

To test for the jelly stage, remove the utensil from the heat and dip a large spoon into the boiling syrup. Lift the spoon so that the syrup runs off the side--not off the point. When the syrup no longer runs in a steady stream, but separates into two distinct drops which immediately "sheet" together, the jelly stage is at hand.

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Crisp, Fresh Cabbage--Serve It Uncooked

URBANA--Young cabbage--crisp, tender, and fine in flavor--is a happy choice for family menus. It is reasonable in price and doesn't require cooking.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that old-fashioned cole slaw is a favorite with scores of families. To keep it interesting, vary it by adding a sweet-sour dressing. Prepare the dressing by combining sugar, vinegar, salt, pepper, and thick sweet or sour cream.

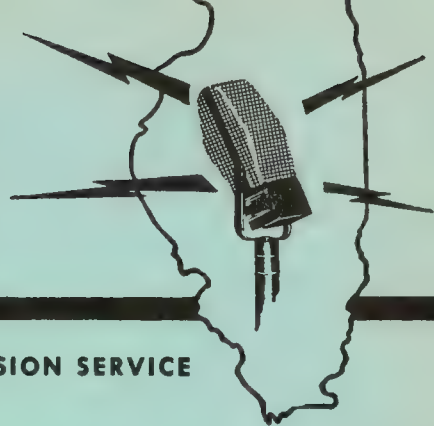
For vegetable slaw, mix one and one-half cups of the shredded cabbage with a half cup of grated raw carrot and 2 tablespoons of chopped green pepper. Shredded cabbage and thin onion rings is another favorite combination. Serve it with a vinegar dressing or a spicy French dressing.

Shredded cabbage with a whipped cream and horseradish dressing is a good choice to serve with cold cuts--especially with cold corned beef. Other combinations that are good companions for cold meats are shredded cabbage and pineapple, shredded cabbage and tart, crisp apples, and shredded cabbage mixed with chopped sweet-sour pickles or a good snappy pickle relish.

Explosions from oven canning have resulted in painful scalds, severe cuts, loss of eyesight, and other serious injuries to the homemaker or to members of her family. OVEN CANNING IS EXTREMELY DANGEROUS AND IS NOT RECOMMENDED.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 19, 1949

Snap Beans--Seasoning Is Important

URBANA--Snap beans are plentiful in local markets and in many home gardens. Clever seasoning will help to keep them interesting and attractive, even though we serve them often.

Instead of always depending on salt, pepper and butter for flavor, let's see how many different seasoners we can use to good advantage. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that bacon plus onion gives good flavor to snap beans. Cook the diced bacon and the grated onion gently--without browning--until tender. Add it to the beans instead of butter.

Another seasoning suggestion is to mix one-fourth cup of good olive oil with one tablespoon of minced parsley and two tablespoons of lemon juice. Add a dash of pepper and a few gratings of nutmeg, and heat gently. Pour hot over the beans a few minutes ahead of serving time.

There are several herbs besides parsley whose flavor blends temptingly with that of snap beans. A small portion of chopped fresh dill or mint improves a plain cream or butter dressing. Sage is another favorite with snap beans, but it must be added with a light hand--a pinch is enough--and just ahead of serving time.

Your Refrigerator--Control the Cold

URBANA--When hot weather sets in, there is usually the tendency to adjust the cold control on the family refrigerator. Tests indicate that the equipment will give better service if the control is set to the right point.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that 40° F. is cold enough for every part of the refrigerator with the exception of the freezing compartment. On the other hand, no area should be higher than 50°. If you are in doubt about the temperature, check it with a reliable thermometer about one hour after the door has been closed.

Make it a rule to freeze no more ice cubes than you actually need. After quick freezing, return the cold control to the normal setting just as soon as the job is done. Open the refrigerator door as few times as possible, and do not permit it to stand open. Each time the door is opened warm air rushes in and sends the temperature up.

Make every inch of space count, but don't stack items if you can avoid it. Crowding prevents circulation of air and slows up cooling. Then, too, crowding and stacking makes items difficult to locate and it will be necessary to keep the door open for a longer period of time.

Location of the equipment is important in controlling the temperature. Place the refrigerator in a cool spot if possible, and be sure it is level and firm. Allow at least two and one-half inches between the back of the cabinet and the wall and eight to ten inches of open space above the equipment. Air can then circulate freely to carry away the heat that escapes from the refrigerator.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 20, 1949

Cold Cuts--Tuck Them Into the Salad Bowl

URBANA--Cold cuts are a perfect addition to a tossed salad for a cool lunch or a supper main dish. Most local markets offer enough variety to give good flavor and pleasing texture to any vegetable combination you wish to choose.

Corned beef is a good mixer with crisp salad greens--especially endive and lettuce. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that you marinate the diced beef in a tart French dressing before you combine it with the other ingredients. For extra flavor, add a dash of horseradish to the dressing.

When the occasion calls for a hearty salad, combine 1 cup of finely diced salami with 2 cups of crisp shredded cabbage. Add 1 cup of diced or shredded American or Swiss cheese and dress with a tart French dressing. Serve on a crisp salad green and garnish with tomato wedges.

Ham--boiled or baked--is a favorite with fruits as well as vegetables. Shred it and add it to diced pineapple and tart crisp apples. Add a good portion of chopped celery, and dress with mayonnaise to which you've added just a trace of mustard.

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FOR RELEASE WEDNESDAY, JULY 20, 1949

Heat Exhaustion Is Dangerous--Don't Take Chances

URBANA--Guard against heat exhaustion or heat prostration! That's the word from Miss Fannie M. Brooks, associate professor of health education, emerita, University of Illinois College of Agriculture. It can be avoided and it does not pay to take chances.

Heat exhaustion may result from heat of the sun or from artificial heat. Home kitchens are a good example. These days are busy ones for scores of homemakers, but when heat is intense, muscular exertion should be reduced. Speed of work or play should be slowed down, and more rest taken along the way.

In order to prevent heat exhaustion, watch the ventilation and do not work for too long a period without a few minutes' rest. As another preventive measure, wear suitable clothing--loose, thin, and light. Eat a light diet and drink plenty of water--12 to 15 glasses daily is not too much. However, small quantities should be taken frequently rather than large drinks at long intervals. The water should not be ice cold.

Make it the rule to rest occasionally--if only for a short period. Plan work schedules carefully, and do not attempt more than can be done easily. Check ventilation regularly. Cooling by air currents and by open shaded windows will help you to work efficiently and to avoid illness.

When You Use Peanut Butter for cooking, you'll have better results if you blend other ingredients with it before you add the liquids. Otherwise the mixture will become thicker and thicker until it finally "grains" and crumbles.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 21, 1949

Fresh Fruit and Vegetables--Best Buys This Week (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--are cabbage, beets, onions, yellow Transparent and Duchess apples.

If you do not have to watch your food budget too closely, you'll be interested in peaches, peppers, cantaloupe, raspberries and blueberries. This is the last week for red raspberries.

Sweet corn is plentiful and some of it is good quality. On the other hand, some of the corn coming to market is not good quality, so take time to make a careful selection when you buy.

This information comes from Lee A. Somers, specialist in vegetable crop and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from the principal markets and on special crop reports from the fruit- and vegetable-growing areas throughout the state.

Minutes Count when fire starts, so be prepared. Know what to do, and act quickly. A simple fire-fighting plan is needed in every home. Every member of the family should understand its essentials.

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Gingerbread Mix--Why Not Prepare It at Home?

URBANA--Gingerbread is a popular favorite for summer meals. A ready-to-use mix makes it quick to prepare. Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests that you can make the mix at home. Here's her tested recipe.

Homemade Gingerbread Mix
(Yield: 4 gingerbreads 7 x 11 inches)

8 cups sifted all-purpose flour	1 tablespoon cinnamon
1 tablespoon double-action baking powder	2 teaspoons salt
1 1/2 tablespoons soda	2 cups sugar
1 1/2 tablespoons ginger	2 cups fat

Sift together dry ingredients. Cut in fat until mixture is like cornmeal. Store in covered container.

To Use Gingerbread Mix

Plain gingerbread: Beat together 1/3 cup molasses, 1/3 cup buttermilk and 1 egg. Add 2 cups of mix and beat until smooth. Turn into greased 7 x 11 or 8 x 8 inch pan and bake at 375° F. for 40 to 50 minutes or until it springs back when lightly touched.

Mrs. Janssen has prepared a number of other recipes for mixes--gingerbread, muffins, biscuits, rolls and white cake--and has listed variations for each one. If you wish a copy of the homemade mix recipes, send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

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Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 22, 1949

Cantaloupes Are Good Quality--Tuck Them Into Deep-Freeze Units

URBANA--Come wintertime and you'll be wondering what to add to fruit cups and salads to give color and good flavor. Cantaloupe will turn the trick, provided you freeze the fruit now while it is top quality.

Food research specialists at the University of Illinois College of Agriculture say cantaloupe is easy to freeze. Directions are simple, but they should be followed to the letter. Only top-quality cantaloupe should be frozen, for freezing does not improve either the texture or flavor.

For freezing, select firm, ripe cantaloupes and remove the seeds and the rind. Cut the meat into small wedges and pack it into the containers. Cover with a 40 percent syrup and freeze at once.

To prepare the syrup, use the proportion of one cup of sugar to one and one-fourth cups of water. The sugar may be dissolved in the water by stirring, but if you heat the mixture to dissolve it more quickly, be sure to cool the syrup thoroughly before you pour it over the melon.

In selecting cantaloupes, give attention to the scar at the stem end of the fruit. It should be slightly sunken, smooth, and well calloused. The vein-like netting should be full and rounded and stand up from the melon about one-sixteenth inch. If the melon is well ripened, the netting will be coarse. Color, too, is important. Look for a background of light yellow rather than green.

THE STATE OF NEW YORK

AN ACT TO AMEND THE ELECTION LAW

Section 1. The election law is amended by adding to it the following section:

Section 10. The board of elections shall have the duty to receive and examine all returns from the several counties and to certify to the governor the result of the election.

Section 2. The board of elections shall have the duty to receive and examine all returns from the several counties and to certify to the governor the result of the election.

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Section 7. The board of elections shall have the duty to receive and examine all returns from the several counties and to certify to the governor the result of the election.

How Much Time and Energy for Washing Dishes?

URBANA--Are you interested in reducing the time and energy you use in washing dishes? Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says the first step is to study your job.

Of course you can reduce the time you need by speeding up your rate of action. However, by increasing your speed you may use more nervous energy and, as a result, feel more tired when the job is done.

On the other hand, you can reduce the amount of energy you use by working more slowly and taking more time. But you may be one homemaker that does not have the extra time to spare. The best method will be one that strikes a balance.

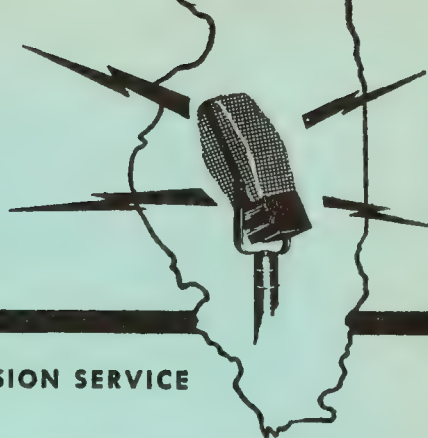
In studying your job of dishwashing, decide what parts are essential. Perhaps you can save both time and energy by air-drying the dishes instead of towel-drying them. Perhaps the dishes can be left in the drying rack until they are needed for the next meal.

Once you've decided on the essentials, determine the best order for doing them. For example, develop an order for removing used dishes from the table, and for scraping and stacking them. Follow a regular procedure when it comes to the washing, rinsing and drying.

Selection and arrangement of equipment are very important. Attention should be given to the number of motions used and the directions of those motions. The University of Illinois circular, "REDUCING TIME AND MOTIONS IN DISHWASHING" covers all phases of the job. For your copy contact your county home adviser, or write to the University of Illinois College of Agriculture, Urbana, Illinois.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 23, 1949

Broiled Peaches--They're Tops With Cold Fried Chicken

URBANA--Have you tried broiled peaches as an accompaniment for cold fried chicken? Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends them and sends along this suggestion for preparing them.

Select firm ripe peaches, wash them and rub them thoroughly to remove the fuzz. It is not necessary to peel them. Cut them into halves, removing the pits, and arrange them in a shallow baking pan.

Sprinkle the fruit lightly with sugar and add a dash of cinnamon. Substitute honey for the sugar if you wish. Dot with butter or bacon drippings and broil under low heat until the peaches are lightly browned and thoroughly heated. Serve them piping hot with the cold chicken.

Broiled peaches are delicious with hot meats as well as with cold. When the roast is a leg or shoulder of lamb, add a bit of mint to the peaches. Cool them slightly and then fill the hollows of the peach halves with mint jelly just before you send them to the table.

JEH:lw
7-20-49

WEDNESDAY, MAY 12, 1938

1. General Information

General information is given in this section. It is the first section of the report and is the most important. It is the first section of the report and is the most important. It is the first section of the report and is the most important.

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FOR RELEASE SATURDAY, JULY 23, 1949

Laundry Tips

URBANA--You'll save time and energy if you sort clothes according to fabric, color and degree of soil. Always remove stains before washing. The hot water may set them.

Fill the Tub--Put in enough water to reach the water line when the clothes are added. Measure the load. Your washer is designed to wash a certain number of clothes. Put in only the load the manufacturer recommends. Too many clothes may overload the motor. And most machines will not wash as well if overloaded or underloaded.

Use the Washer for rinsing. It is easier and more effective than doing it by hand. For the first rinse, use hot water--about 140° F. Other rinses may be cooler.

To Make Ironing Easier, smooth all flat pieces as much as possible when you hang them on the line. Pull hems and selvages straight; then fold each large piece, as a sheet or tablecloth, hem to hem. Lap it over the line about 12 inches to keep it from sagging. This also does away with one folding when the piece is dry. Fold towels and pillow slips over the line 6 to 8 inches.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 25, 1949

Easy-to-Prepare Meals--For Hot Weather

URBANA--These are days when we want to dine with the least fuss possible. One-dish meals can be as popular with those who eat as with those responsible for the preparation, provided they are keyed to family appetites.

Select dishes that have in them the principal requirements for a balanced menu, says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Every good cookbook, every home recipe file, has a dozen or more such recipes. Add a crisp green salad, bread or rolls, and a not-too-sweet dessert and the meal will be completely satisfying.

Old-fashioned meat and vegetable pie is a favorite which is easy to prepare as well as easy on the budget. Top it with a pastry crust or golden-brown biscuits. If your choice is the biscuits, bake them separately and top the pie just before you send it to the table. This prevents the biscuits from becoming soggy.

Chicken scalloped with rice is another favorite, and most of the preparation can be done in advance, provided refrigerator space is available for storage. Curried lamb with vegetables, old-fashioned tamale pie, and meat and vegetable scallop are other combinations that call for very little last-minute preparation.

Whatever your choice for the main course, whatever the type of salad, let the dessert correspond in simplicity. Cheese with crisp wafers, a dish of chilled fruit--fresh or canned--or the most unassuming of ices are all good choices. Add the perfect finish with cups of fragrant coffee and good conversation.

JEH:lw
7-20-49

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 26, 1949

Gladiolus--How to Buy

URBANA--The gladiolus show is on. The gorgeous flowers are displayed at every roadside stand and in almost every home garden. The town of Wickert, eastern Kankakee county, known as the gladiolus capital of the state, boasts about 1,600 acres in its area.

Professor Lee A. Somers, garden specialist, University of Illinois College of Agriculture, says we'll get better value if we select gladioli according to our needs--to the use we plan to make of the flowers. When the occasion is a one-day meeting or a wedding or funeral, choose those that are quite far advanced and that have several flowers fully opened.

When the flowers are to be used in the home or the office, choose those with only the lower two or three buds partly open. If they are given good care, they will stay fresh and furnish blooms for a week or ten days.

Gladiolus Not Graded

Gladiolus grades are not yet official, but they are fairly definite and do give some bases for comparison of prices and values. The price usually varies according to stem length and number of buds per stalk or specimen.

7200 W. 2nd St.

Gladiolus--Now to Buy - 2

For example, a bunch consists of 12 specimens of nearly equal height, having about the same number of buds and equal in degree of maturity and openness of flower. Those that have stems 38 inches or more long and 12 or more buds, are considered No. 1. These are listed at top prices. Those with stems 34 to 38 inches long and with 10 to 12 buds are No. 2 and are priced in the higher brackets.

Grade No. 3, in which stems range from 30 to 34 inches and there are 8 to 10 buds, are more reasonable. In the No. 4 group are those with stems 26 to 30 inches long and with 6 to 8 buds per specimen. These are less costly, usually being priced within range of average pocketbooks.

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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 27, 1949

Laundry Method--For Rayon Frocks

URBANA--Many rayon frocks can be laundered, provided approved methods are followed. Often a good sudsing will remove soil embedded in the fabric and restore the fresh new look which is so desirable. One leading rayon company has done extensive research on the problem, and Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, has used the method and recommends it.

Examine the garment thoroughly before you decide to launder it. Design and construction as well as the type of rayon used should be considered. Give attention to the trimming or decoration, the stitching thread, and the facing or inner lining of the lapels, cuffs, and collar.

Check the label for information about shrinkage and fading. If there is doubt about color-fastness, test a sample. A tiny piece of material from the seam or the belt end will be sufficient. The sample test will also give you information about the reaction of the material to water. If it draws up and becomes harsh when wet, it should be dry cleaned, not laundered.

Washing Procedure

If you decide that the garment will wash, take detailed measurements. Some washable rayon crepes have to be eased into shape after laundering, and accurate measurements will speed the job and make it easier to do. A good time to take the measurements is when the garment is new. Once you have taken them, file them for future reference.

It is important to work quickly--soaking tends to make the color run--so assemble your equipment before you start. Several sudsings and several rinses will be necessary, and the water should be kept at approximately the same temperature throughout the process. You'll need two or three bath towels, two wash cloths or small bath towels, a coat hanger and your usual ironing equipment.

When you have laundered the garment, roll it in towels and press out as much moisture as possible. Place it immediately on the ironing board--wrong side out--and stroke it into shape, using the wash cloths or small towels. Start with the double sections--hem, cuffs, collar--and use firm strokes, working with the grain or weave of the material and in both directions. When you have completed the whole garment, check the measurements. Iron as soon as the material is ready.

Ironing Methods and Temperatures

Some rayons should be ironed when quite damp. Acetate rayons, for example, are sensitive to heat and need the moisture to prevent damage. On the other hand, there are rayons which lose shape when ironed wet.

Bemberg sheers should be allowed to become completely dry. Usually it is not necessary to stroke them into shape. Remove as much moisture as possible by rolling the garment in towels. Then arrange on a hanger, smoothing them into shape. Let them dry completely and then press on the wrong side with a moderately hot iron.

Journal of Management Studies, 19(1), 67-80.

Journal of Management Education 36(7) 809-824

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 28, 1949

Fresh Fruit and Vegetables--Best Buys This Week (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--are cabbage, onions, carrots, Michigan celery, cucumbers, and yellow Transparent and Duchess apples.

If you do not have to watch your food budget too closely, you'll be interested in peaches, cantaloupe, green beans and blueberries.

This is the last week for cherries. Tomato quality is generally poor owing to excessive rains. Select tomatoes carefully, giving attention to uniformness of shape and smoothness of skin. When you buy tomatoes that are not fully ripe, select top-quality ones that are ripening evenly. They will continue to ripen and should be ready for serving in a day or two.

Sweet corn is in abundant supply, and most of it is good quality. However, some of it is wormy, so select it carefully and buy for immediate use only.

This information comes from Lee A. Somers, specialist in vegetable gardening extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from the principal markets and on special crop reports from fruit- and vegetable-growing areas throughout the state.

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Whitefish--A Good Choice for Family Menus

URBANA--Whitefish continues in plentiful supply in midwest markets. Steaks and fillets are a happy choice for family menus any day of the week. They are easy to prepare and need only 10 to 12 minutes of cooking time.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that whitefish is prime for baking. It is listed in the fat-fish group, and very little oil or fat will need to be added during cooking.

Arrange the steaks or fillets on a rack in a shallow baking pan, and brush very lightly with oil or butter. Season with salt and pepper and bake in a hot oven--425-450° F.--for 10 to 12 minutes, depending on the thickness of the pieces. Avoid overcooking. The fish will be done as soon as it is thoroughly heated and lightly browned.

For extra flavor serve whitefish with a lemon butter sauce. To prepare it, cream about 1/4 cup of butter and blend in 1 tablespoon of lemon juice. Or, if you prefer a hot sauce, melt the butter and add the lemon juice gradually just before serving.

Check Your Home for Hazards--A recent survey indicates that nearly half of all homes lack fire extinguishers.....nearly a fifth do not use a stepladder.....nearly a sixth do not use or have first-aid kits on hand. HOW DOES YOUR HOME SCORE?

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 29, 1949

Blueberries--For Winter Meals

URBANA--Blueberries tucked into home freezers now will spell muffins, pies, and puddings for next winter. Foods specialists at the University of Illinois College of Agriculture give these simple, easy directions for preparing them:

Select large, fully ripe berries. Wash them thoroughly and pack them into containers. Freeze them plain or cover them with a 40 percent syrup--1 cup of sugar to 1 1/4 cups of water. If you use syrup, be sure it is thoroughly cool before you pour it over the berries.

Leave space at the top of the package to allow the fruit to expand during freezing. The rule--1/4 inch of head space for pint containers and 1/2 inch for quart containers.

Prompt freezing is important to the quality of the product. If you can't store the berries in the home unit or the locker at once, tuck them into your refrigerator. However, they should not be stored in this manner for longer than three or four hours. Check the temperature of your refrigerator. It should be approximately 38° to 45° F.

For further details, write to the

MEMBERSHIP

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Chiggers--They're in Season

URBANA--Having trouble with chiggers? Miss Fannie M. Brooks, associate professor of health education, emerita, University of Illinois College of Agriculture, says that, while complete protection is difficult, there are some precautions that will help.

Dusting the body with fine sulfur is a good preventive measure. Naturally it should be done before you enter the infested area. Chiggers are present in some sections of Illinois--lawns, grass and woods--throughout the summer season.

Miss Brooks asks that we give special attention to young children. When they have been exposed to chiggers, treatment should be started as soon as possible. Give them a hot bath and lather their bodies all over with a mild soap. Rub the lather gently into the flesh, and then rinse thoroughly. This will help to dislodge any chiggers that may be on them.

To stop chigger bites from itching, try dilute ammonia water, strong salt water or a paste of bicarbonate of soda mixed with water. Treatment should be prompt in order to help prevent scratching. If the bites become infected, consult your physician at once.

Stairway Safety--Records indicate that a great number of home accidents happen on stairways. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says: In going up and down stairs, look where you step and keep one hand free for the hand rail. Keep stairs well lighted...walk--never run.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 30, 1949

Blueberry Pudding--Here's an Easy One

URBANA--Blueberry Bread and Butter Pudding is a dessert you'll want to try. Not only is it quick to prepare, but it is easy on the purse. It "extends" the blueberries, which are still in the higher price bracket.

No special recipe is needed for the preparation. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says once you have the procedure in mind you can make it according to family appetites. One pint of blueberries should be sufficient for four quite generous servings of the dessert.

Butter thin slices of white bread--four or five to make four servings. Combine the berries with sugar to taste and two or three tablespoons of water. Cook until the berries are tender.

Arrange alternate slices of bread and berries in a buttered baking dish, or in individual casseroles. Bake in a moderate oven--350° F.--for 15 to 20 minutes. Serve warm or cold, with light cream or a topping of whipped cream. To make the dessert extraspecial, serve vanilla ice cream 'longside in place of the plain cream.

Falls Are the NUMBER ONE cause of home deaths--over 17,000 in 1948. We can reduce the toll by keeping stairways well lighted and steps, handrails and ladders sturdy and in good repair.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 1, 1949

Washing Machine Versus Water System

URBANA--News of the reduction of prices on durable home equipment has brought many families back into the market. Washing machines stand near the top of many "to-buy" lists.

If you are in the market for a washing machine, your first question will probably be: "Shall I buy an automatic washer?" Check your water system carefully before you make your decision. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says successful results with an automatic washer depend on the water supply. A quantity of running hot and cold water which is reasonably soft is necessary.

Water pressure is important, too. Be sure your water system will provide the pressure necessary for satisfactory performance. Manufacturers and dealers have an estimate of the amount of water needed and the pressure needed to operate the equipment efficiently.

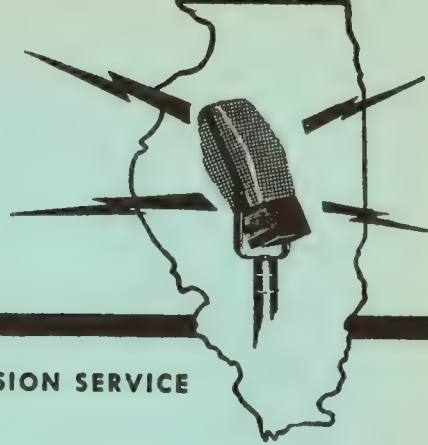
You'll need to consider, of course, how big your washing usually is. Think, too, about what kind of clothes you have to wash and how you sort them--that is, how they divide into washer loads. If you wash only once a week, more water will be required at one time. This will affect the hot water supply especially.

Cost is another point to think about. An automatic machine is more expensive to buy than a nonautomatic one. And there may be extra charges for installing it. Also, upkeep may cost more. Whether the investment is worth while will depend on how big a part of your work the washing is and how much saving of energy and time it means to you.

JEH:lw
7-27-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 2, 1949

Sweet Corn--Select for Quality

URBANA--Sweet corn coming to market this season calls for careful selection. Only the top-quality produce should be considered for canning and freezing.

Corn that is at the right stage for eating is best for preserving, according to foods specialists at the University of Illinois College of Agriculture. Kernels will be fully formed and the milk thin and sweet. The corn should be canned or frozen immediately after gathering and the whole process completed as quickly as possible.

TO FREEZE CORN

Remove husks and silk, and then blanch the corn on the cob. Use 4 quarts of boiling water to 8 medium ears of corn, and blanch for 8 minutes. Cover the kettle and heat the water continuously throughout the blanching period. Count the time from the moment you put the corn into the water.

Cool the corn quickly in iced or running water and then cut it off the cob, using a sharp knife. Do not cut too deeply and do not scrape the cob. Pack into moisture-vapor-proof containers, leaving 1/2 inch of space at the top of the carton. Seal the carton and freeze the corn at once.

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Journal of Management Education 30(6)

Sweet Corn--Select for Quality - 2

TO CAN CORN

Husk and silk the corn, using a stiff brush, if necessary, to remove the silk. Wash the corn and cut it from the cob so that the kernels will be whole. Do not scrape the cob. Add one-half as much boiling water as you have corn, and heat to the boiling point.

Pack the corn into pint jars or No. 2 C-enameled tin cans. Add 1/2 teaspoon each of salt and sugar, if desired, to each pint. Process at 10 pounds' pressure, allowing 55 minutes for pint jars and 60 minutes for the No. 2 cans.

Ironing Tips--Many people make the mistake of ironing dressweight spun rayons wet. When you do, you can't get good results, and the job takes a long time. They'll iron easily and smoothly when dry.

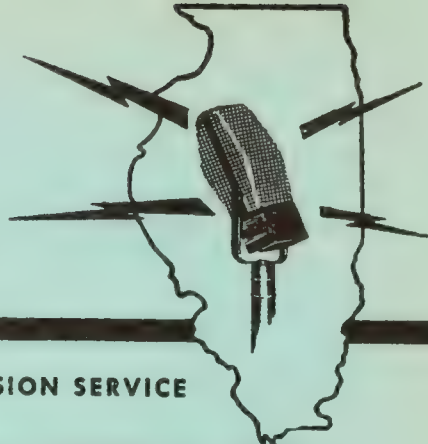
Plain or printed, you see these fabrics in dresses, tailored blouses, play clothes and children's things. They include rayon shantung, linen-textured spun rayons, rayon broadcloth and spun rayon novelty fabrics.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 3, 1949

Your Refrigerator--Watch the Motor

URBANA--How much of the time does your refrigerator motor run? Have you checked it since the start of hot weather? Under average kitchen temperatures, it should not run more than about one-third of the time.

If the motor runs more than the usual time, perhaps warm air is leaking into the cabinet. This would not only cause the motor to run overtime, but also make it difficult to maintain temperature, according to Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. Check the gasket and hinges; then, if the motor is still running more than it should, call in the service man.

To test the gasket for air leakage, close the door on a piece of ordinary wrapping paper--about the size and thickness of a dollar bill. If the paper pulls out easily, the gasket is not tight enough. Try tightening the hinges to make it fit more snugly, and then make the test again.

If the test shows that the gasket is still too loose, check the condition of the gasket. It may need to be replaced. Sometimes the gasket gets hard and brittle and no longer seals the door tightly.

Supplies of Watermelon continue heavy. Few midsummer refreshments are more welcome--provided the melon is served ice cold. In addition to serving it "as is," use it in fruit cups and salads.

For fruit cup, combine watermelon balls or wedges with cantaloupe, grapes and raspberries or blueberries. Sliced pears, watermelon and cucumber make a tempting salad.

FOR RELEASE WEDNESDAY, AUGUST 3, 1949

Stewing Hens--For Thrifty Meals

URBANA--Culling of laying flocks is bringing stewing hens to market in good supply. They are a "natural" for family menus, especially when you want to do most of the preparation well ahead of serving time.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you cook the stewers early in the day. The meat will then be ready for use, and for a variety of hot and cold dishes. Chicken salad, Chicken a la king, and creamed or escalloped chicken are dishes that can be prepared quickly. Cold sliced chicken is a welcome addition to the cold meat platter for either lunch or dinner.

The stewers need long, slow cooking--3 to 4 hours for a 5-pound fowl--in water or steam. Cooking under pressure--use a pressure sauce pan or pressure canner--will reduce the time to minutes instead of hours.

Cool the meat in its own juices if possible. It will be juicier and better in flavor. However, it must be cooled at low temperature--place it in the coldest spot possible--because warm chicken and chicken broth spoil easily and very quickly. Keep both the meat and the broth refrigerated until you are ready to use it.

JEH:lw
7-29-49

FOR YOUR INFORMATION
(PREVIOUSLY RELEASED TO PRESS
ASSOCIATIONS)

Janice Smith Named Acting Head of Home Economics

Urbana--Dr. Janice M. Smith, professor of nutrition, has been appointed acting head of the department of home economics of the University of Illinois College of Agriculture, effective September 1.

This announcement was made today by Dean H. P. Rusk following approval of the appointment by the University Board of Trustees.

Mrs. Kathryn VanAken Burns, who has been acting head for the past year, asked to be released in order to devote full time to her position as state leader of home advisers.

Since 1944 Dr. Smith has served as director of the foods and nutrition work in the department here, and during the past year she has been responsible for all home economics research and graduate teaching.

Dr. Smith is a native of Illinois and a graduate of the University. After receiving her doctorate in biochemistry, she served as associate professor of home economics research at Pennsylvania State College. While there she directed research on the nutritional status of different population groups.

In 1943 Dr. Smith was appointed nutritionist for the Civilian Food Requirements Branch of the War Food Administration. The next year she returned to the University as professor of nutrition and director of nutrition work in the department of home economics.

Dr. Smith is a member of Sigma Xi, Phi Beta Kappa, Iota Sigma Pi, Omicron Nu, Phi Upsilon Omicron, the American Institute of Nutrition, American Home Economics Association, Illinois Home Economics Association, and Illinois State Nutrition Committee. She is a Fellow of the American Association for the Advancement of Science and a member of the technical committee on cooperative nutrition research for the north-central region.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 4, 1949

Fresh Fruit and Vegetables--Best Buys This Week (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--are sweet corn, onions, Michigan celery, cabbage, and early apples.

If you do not have to watch your food budget too closely, you'll be interested in peaches, muskmelons, tomatoes, and squash. These products vary greatly in price and in quality, however, so check them at your local markets. If they happen to be in the lower price brackets and top quality, you'll find them good buys.

This information comes from Lee A. Somers, specialist in vegetable gardening extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from the principal markets and on special crop reports from fruit and vegetable-growing areas throughout the state.

Flavor Tip--If you've a liking for cheese, cover the top of apple pie with American cheese cut into thin slices or grated. Place the pie in the oven just long enough to melt the cheese, and serve immediately.

Canning Tomatoes--Research Brings New Information

URBANA--Research brings new information and new and improved methods of doing many of our day-by-day jobs. This time the results have to do with canning tomatoes.

Specialists at the Bureau of Human Nutrition and Home Economics have been studying the values of packing tomatoes hot and packing them cold. Their most recent report indicates that the method makes little difference in the flavor, but the raw-packed tomatoes hold color and shape better than the hot-packed. However, the hot pack is more economical of jar space--does allow more tomatoes to be packed to the jar.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that you use the method most convenient for you and the equipment you have at hand. She warns, however, that it is important to follow directions that are correct for the method you use. Tomatoes not heated sufficiently in canning will spoil in storage.

Select only firm, fully ripe tomatoes, free from spoiled spots. Wash the tomatoes and dip them into boiling water for about one-half minute, covering the pan with a lid. Then plunge them into cold water. This hot and cold treatment makes the skins slip off easily.

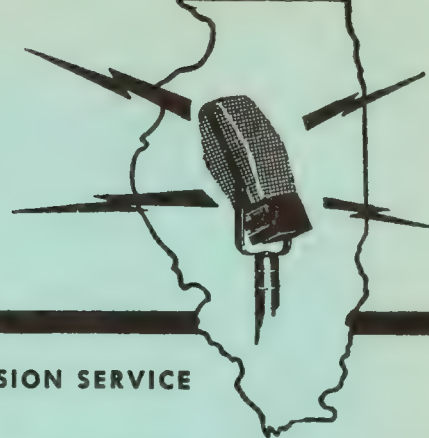
One precaution--before peeling, cut out the stem ends. It is hard and tough and will not heat thoroughly during the processing time allowed for tomatoes. If not removed, it is likely to cause spoilage.

Pack the raw tomatoes into jars or, if you prefer the hot-pack, heat them slowly to the boiling point. Boil for two minutes exactly, and then pack them into hot jars. Hot-pack or raw--add salt for seasoning, one-half teaspoon per pint.

Processing time for cold-packed tomatoes is 35 minutes for pints and 45 minutes for quarts. When you use the hot-pack, allow 10 minutes for either pints or quarts.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 5, 1949

Food Preparation--Let's Do the Job Safely

URBANA--Home accidents are on the increase. Many of them have to do with the everyday job of preparing meals for the family. Most of them result from careless practices and work habits.

Undue hurry and fatigue are responsible for many of the injuries. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests that we analyze work schedules. Allow enough time to take care of meal preparation and to do it safely. Then study habits and practices and work for improvement.

Take time to cover your hand with a dry cloth before opening a steaming kettle or roaster. Remove the cover away from you to permit the steam to escape away from your face and body. Make it a rule to use a dry padded cloth to lift any hot dish or utensil.

To avoid burns from deep-fat frying, thoroughly dry the food to be cooked. Water causes the grease to spatter, presenting a fire hazard. In addition it may cause a painful burn. Keep the handles of all pans and pots turned toward the back of the range.

Take time and care in using grinders, beaters, slicers and other power-driven appliances. Be sure the extension cord is of approved make and in good condition. Turn off or remove the plug before changing the location of a fan or beater. Check the outlet from time to time and have repairs made promptly.

Use a can opener--not a knife--to open cans. When using a knife cut away from your body. Treat both sharp and dull knives with the respect they deserve. Use them carefully and return them to their storage spot promptly, out of reach of young children.

Clothes for Late Summer Travel--Points on Selection

URBANA--August spells vacation for scores of folks. One of the leading questions, so far as the feminine side of the family is concerned, is: What clothes shall I take?

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says to travel light unless you are prepared to pay extra for wardrobe transportation. Airlines allow you to carry 40 pounds of baggage free. The charge for any excess is based on the ticket cost. Porters and red caps expect pay for handling baggage. A good rule is to decide on the garments you think you'll need, and reduce the number by half.

Select garments from your present wardrobe if possible. If it is necessary to supplement it, buy garments that will fit into your fall wardrobe or ones that will be good style next summer. Give attention to the design of the garment as well as to the amount of care it will require.

Tailored clothing packs better than skirts that are too full and dresses with ruffles and pleats. Some garments wrinkle less than others, depending on the kind of material, weave and finish. The label should carry information that will help you decide. Prints usually show wrinkling less than plain material, and dark ones call for less care than light.

Think of your wardrobe as a whole, and take shoes, hats and gloves in keeping with the suits and dresses you select. Take garments that are interchangeable--a jacket or blouse that can be used with more than one skirt, and a topcoat that you can wear with suits as well as dresses.

Give attention to your method of packing. Provide ample space and fold garments along their natural lines when possible. Tissue paper will prevent sharp creases and helps to hold the garments in place.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 6, 1949

Eggplant--How Many Ways Do You Serve It?

URBANA--Eggplant, or guinea squash, as it is sometimes called, is at its best this month. It is one of the lesser known vegetables which deserves more attention than we usually give it.

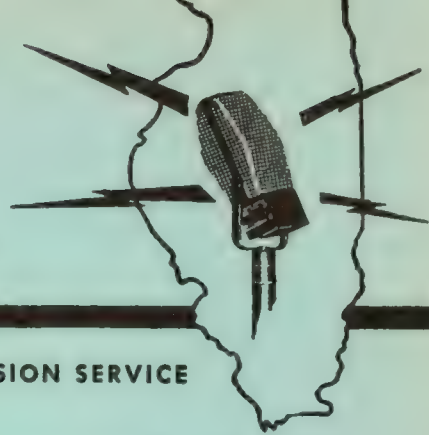
Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests Broiled Eggplant. It is a fine accompaniment for roast beef or pork or fried chicken. Peel the eggplant and cut it into slices about one-eighth inch thick. Brush with butter or oil to which you've added a small portion of lemon juice. Broil until tender and golden brown.

Eggplant scalloped with tomatoes and cheese. eggplant fritters, and fried eggplant are dishes that are easy to prepare and easy to adapt to family menu plans. Another favorite is eggplant served with a lemon-butter sauce. Peel the eggplant and cut it into cubes. Steam until tender, and then dress with the lemon-butter sauce. Sprinkle with chopped parsley just before you send it to the table.

Select eggplant carefully. Top-quality ones are dark purple--not streaked with light purple or yellowish in color. They are smooth and firm and free from dark spots which indicate decay. Overmature eggplant may be seedy or pithy and will lack firmness. An eggplant weighing one pound will yield about three cups of the diced meat.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 8, 1949

Your Weight--Is It a Problem?

URBANA--Some folks try to keep from gaining weight by eating a bird-sized breakfast or by skipping the whole meal. It's a far wiser plan to eat a good breakfast, according to Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture.

If your weight's on your mind, go to work on your calorie arithmetic. Learn enough about it to spread your day's quota of food over the three meals. More calories than you need for work or play--that's where fat begins.

For work and for warmth, your body uses as fuel mainly starch, sugar, and fat. The amount of fuel that foods provide is figured in calories. All foods give you calories--some many, some few in a given-size portion.

Not many people need to keep track of all the calories in their food. However, it is well to remember that pounds are added when daily eating totals more calories than your body can use for energy. And it is important to remember that the foods which pack the most calories are the starches, sweets, and fats.

If you want help with your calorie arithmetic, send for the University of Illinois leaflet, "Sane Reducing Diets and how to Plan Them." It lists foods recommended for reducing menus and gives the approximate number of calories per serving. Send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

JEH:lw
8-3-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 9, 1949

Fruit Juices for Beverages--How to Can

URBANA--What to do with the extra juice from fruit is an easy-to-solve problem. Miss Grace Armstrong, nutrition specialist, University of Illinois College of Agriculture, says to can it and tuck it away for winter menu plans.

Fruit juices are not difficult to can in home kitchens if approved methods are followed. But it is wise to work with small quantities of fruit or fruit juice and to exercise care in the selection. Use only sound, well-ripened fruit for juice that you can for beverage purposes.

Wash the fruit carefully and remove the seeds or cores. Cut or crush the fruit and add water--about one-half cup to each pound of fruit. Hard fruits, such as apples, quinces, and some pears, need more water and longer cooking than the softer ones.

Heat the fruit, bringing it to the simmering point gradually, and hold it at that temperature for a few minutes--until the juice can be separated from the pulp. If you have a thermometer that can be used in liquid, heat the juice to about 180° Fahrenheit. Strain through a colander or cheesecloth, or put it through a fruit press.

Subscription Price: \$1.00 per Annum in Advance

Published by The Washington News Company

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It is not necessary to use sugar in canning fruit juice, but a small amount will help to retain the color and bring out the flavor. From two to four level tablespoons per quart of juice is a satisfactory proportion.

While the juice is heating or draining, sterilize the containers--glass jars or bottles--and keep them hot. Heat the juice to the simmering point. Fill the containers, leaving one-eighth inch of head space, and seal them at once. The seal may be completed, as the processing period will not be long enough to cause breakage.

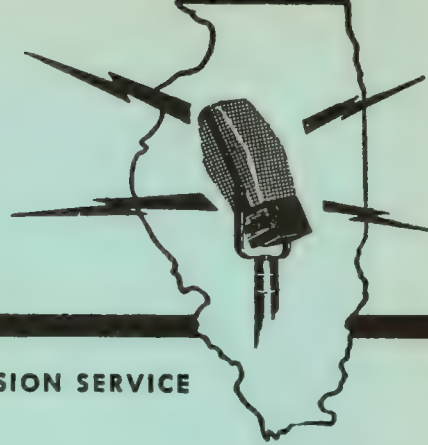
Put the filled containers on a rack in the hot water bath, with the water at the simmering point and sufficient to cover the containers. Bring the water again to 180° Fahrenheit or to the simmering point. Do not permit it to boil. Hold at the simmering temperature for 20 minutes and then remove the containers. Cool promptly and store as you would store canned fruit--in a cool place and away from the light.

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JEH:lw
8-5-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 10, 1949

Rayon--How to Iron

URBANA--Do you have trouble ironing rayon fabrics? The clothing specialists at the University of Illinois say that rayon is not difficult or tricky to iron. It's just different. You have acquired certain ironing habits for cottons--others for linens--others for silks. Still others are necessary for rayons.

The purpose of all ironing is to make a garment look as it did when it was new--before it was washed. When ironing rayon, don't pull or stretch the fabric or use extra pressure. This is especially important in handling crepes or jerseys. Always iron with the grain.

Determine the right iron temperature and the right dampness for the rayon you are ironing. Some rayons should be ironed damper than others. Some rayons require less heat. It is a good plan to make it a rule to test before you iron.

If you don't have a heat-controlled iron, start off with a warm iron. Increase the temperature until the fabric irons easily and well. Keep your iron at this heat by turning it off and on at intervals.

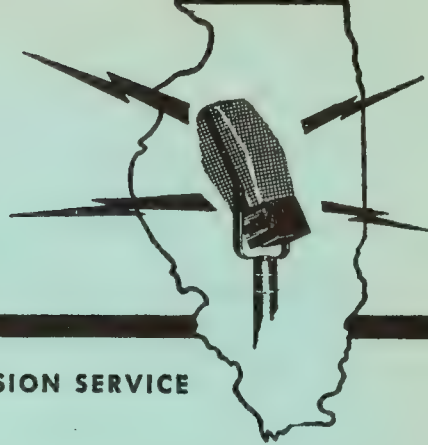
Use a well-padded ironing board to preserve the fabric texture, and iron the garment on the wrong side. Touch up collars, pockets, cuffs, pleats and trimmings on the right side, using a pressing cloth over the fabric.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 11, 1949

Dry Cleaning--You Can Speed the Job

URBANA--When your dry-cleaning order is delayed, or when the cost is higher than you had expected, whose responsibility is it? Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, reminds us that considerable time is required to prepare garments for dry cleaning. Much of the "advance" work can and should be done at home unless we are willing to pay for the service.

In preparing a garment for dry cleaning, take off all items that are made to be removed. Artificial flowers, pins, buttons and buckles often do not clean successfully. The cleaning fluid tends to dissolve the glue that holds their parts together. Some buttons, pins and buckles will not withstand heat. Others tend to tarnish.

Give attention to shoulder pads and to inner facings. Pads with cotton fillers tend to lump during cleaning, and the rubber dissolves out of those made of sponge rubber. Some pads are covered or filled with material that will fade if wet-cleaned or steam-pressed. Interfacing fabrics of collars, cuffs and front or back closings are not always color-fast.

NEW YORK, N.Y., June 11, 1934

Radio in the United States

Radio in the United States has been a remarkable success story. It has grown from a few experimental stations in the early 1920s to a vast network of stations today. The Federal Communications Commission (FCC) has been instrumental in regulating the industry and ensuring that it operates in the public interest. The FCC has established rules for licensing, frequency allocation, and content regulation. It has also been responsible for the development of the National Radio System, which provides a framework for the industry's operations. The success of radio in the United States is a testament to the power of innovation and the importance of effective regulation. The industry has not only provided entertainment and information to millions of Americans, but it has also played a vital role in the development of the American economy. The growth of radio has created numerous jobs and has stimulated the production of a wide range of goods and services. It has also helped to bring people from different parts of the country together, fostering a sense of national unity and shared experience. The future of radio in the United States is bright. As technology continues to advance, new opportunities will arise for the industry to expand its reach and provide even more valuable services to its audience. The FCC will continue to play a key role in ensuring that the industry operates in a fair and equitable manner, and that the interests of the public are always protected.

Identify spots and stains if possible. Your dry cleaner is equipped to do a better job of removing them than most homemakers. However, if you have worked on a stain or spot, let him know the reagent you used. It may make a difference in his procedure.

If you have information about the fibers in the material, send it with the garment. Today many materials are blends and mixtures of two and even more fibers. Some of them call for special treatment, especially when it comes to pressing.

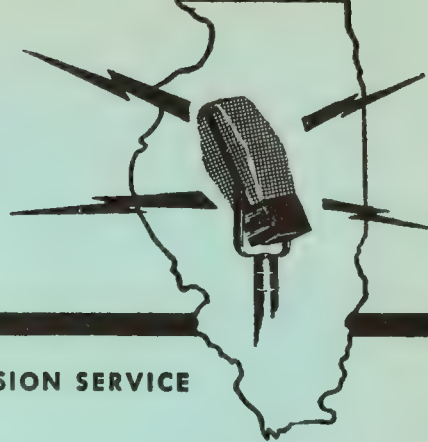
Make it a rule not to press soiled garments. The pressing may improve the appearance of the garment temporarily but will make it more difficult to clean. Then, too, there is danger that the heat may make the spots and stains permanent.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 12, 1949

Cymling--How to Prepare

URBANA--Call it Cymling, Patty Pan, or Scalloped Squash, as you wish, but it is a favorite. It calls for quick cooking and prompt serving. It is not necessary to peel it provided it is top quality and not overmature.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests either steaming or frying it. To prepare it for steaming, peel if necessary, remove the seeds and cut it into cubes. Steam it until tender--about 20 to 25 minutes--then season with salt, pepper and butter. Or add a small portion of sour cream and a dash of nutmeg and simmer until the cream is heated.

To fry Cymlings, dip the thin slices in seasoned flour and fry in deep fat. Or dip the slices in beaten egg, seasoned with salt and pepper, then in fine crumbs, and fry in a small amount of butter or oil.

Zucchini or Italian squash is another favorite. It is good either baked or fried. For baking, slice it thin without peeling, season with salt, pepper, and butter or oil. Bake for about 20 minutes in a moderate oven--350° F. For extra flavor add scraped onion or a trace of garlic.

Fried Zucchini and bacon strips are a delicious combination. Cut the squash into about 1/4-inch slices and dip in seasoned egg and then in fine crumbs. Fry in a small amount of fat or oil until tender and golden brown.

QUESTIONS: 1. What is the purpose of the study? 2. What are the research objectives? 3. What are the research hypotheses? 4. What are the independent and dependent variables? 5. What are the research methods? 6. What are the research results? 7. What are the research conclusions? 8. What are the research limitations? 9. What are the research implications? 10. What are the research recommendations?

The first purpose of this study was to determine if there were any differences in the frequency of use of the various types of communication devices used by the participants in the two groups.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 13, 1949

Having Trouble With Frozen Desserts? Check the Sugar

URBANA--One of the most common failures in making refrigerator ice creams is the use of too much sugar. That's the word from Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture. She reminds us that the amount of sugar used should be checked carefully.

It is true that frozen desserts require more sugar and flavoring than the usual dessert. This is because our taste buds are less sensitive when the mouth is chilled. On the other hand, sugar lowers the freezing temperature of the ice cream mixture. Too high a proportion of sugar may lower the temperature to such an extent that the mixture will not freeze, or only freeze to a soft mushy consistency.

The amount of sugar required to sweeten an ice cream mixture to a desirable flavor depends on the ingredients used. For example, a fruit ice cream will require more sugar than a plain ice cream, particularly if the fruit is quite acid. A general rule--and it is a general rule only--is to use not more than one part of sugar to four parts of liquid.

The wisest plan is to use tested recipes for refrigerator desserts. If you wish tested recipes, write to the University of Illinois College of Agriculture, Urbana, Illinois. Mrs. Janssen has prepared several recipes which are available on request.

THE NEW YORK TIMES, APRIL 1, 1934

THE NEW YORK TIMES, APRIL 1, 1934

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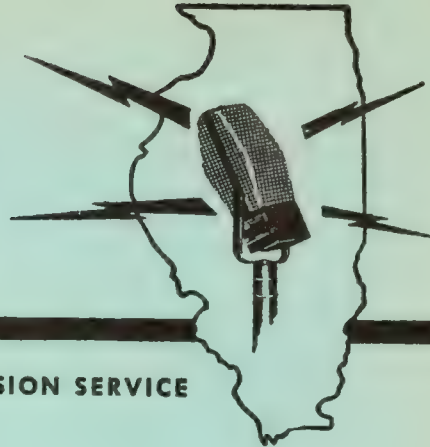
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 15, 1949

Peaches--Let's Use Them for Day-by-Day Meals

URBANA--Early peaches are past their peak, and the Elbertas are rolling to midwest markets. You can't go amiss if you tuck them into family menu plans every day while they are at their best. Select peaches that are well-colored, ripe yet firm, and free from blemishes.

Peach Betty or Scallop is a fine dessert for a busy day. Prepare it ahead of meal time and serve it cold. Or send it to the table warm and fragrant--right from the oven. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, sends along this recipe to help you with the preparation.

FRESH PEACH BETTY (6 servings)

1 cup sugar
1/4 teaspoon each
cinnamon, nutmeg,
and salt
2 cups bread crumbs

1/4 cup water (approx.)
3 tablespoons lemon juice
Grated rind 1 lemon
2 to 3 tablespoons butter
6 to 8 peaches

Mix the spices with the sugar. Put a layer of the crumbs into a buttered baking dish, add a layer of sliced peaches and sprinkle with the sugar and spice mixture. Repeat the order, finishing with a layer of crumbs. Mix the water, lemon juice, and rind and pour over the top. Dot with butter and bake in a moderate oven--350° F.--for about 25 minutes. Serve with whole milk or light cream. Or, if you prefer and the budget permits, top with vanilla ice cream.

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Page 1 of 10

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THE JAMES EARL RAY ASSASSINATION CASE

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THE UNIVERSITY OF CHICAGO PRESS

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1. 1990年12月15日，在北京市召开的“中国环境与发展”会议上，江泽民总书记发表了重要讲话，强调了中国环境与发展的重要性。

(1997)

1. The first group of people who
will be affected by the
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who are currently in the
process of being deported.

1. The first step is to identify the problem or goal. This involves understanding the current situation and what needs to be achieved.

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Home Accidents--What's Your Score?

URBANA--Home accidents have replaced traffic accidents as the leading cause of accidental death. How does your home score?

Are stairways well-lighted and provided with hand rails? Are stair carpets or treads in good condition? How about that frayed electric cord, or the loose light switch or socket?

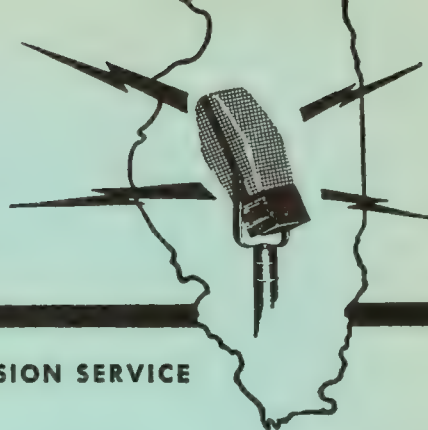
One way to make sure every room in your home is on the safe side is to check regularly for hazards. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, has prepared a "Home Hazard Check List" to help you do the job thoroughly and easily. Ask your county home adviser for a copy, or write to the University of Illinois College of Agriculture, Urbana, Illinois.

Avoid Too Much Sun on colored clothes. Sunlight is a natural bleach and is therefore hard on colors. Take all colored clothes off the clothesline as soon as they are dry. When you have doubt about a garment's ability to stand strong sunlight, hang it in the shade or indoors. Materials tend to fade more when wet than when dry.

Cantaloupe--For Vitamin C--Take advantage of the quality cantaloupes now in season. They are packed with vitamin C and can alternate with tomatoes and citrus fruits. They may go to the table as appetizer, salad, or dessert. Serve thoroughly chilled.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 16, 1949

Fruit Stains on Rayon--How to Remove

URBANA--Fruit and berry stains on rayon fabrics call for immediate action. Delay tends to cause the stain to "set," making it difficult and sometimes impossible to remove.

Clothing specialists at the University of Illinois College of Agriculture advise that the treatment to use depends on the type of rayon fabric. If the material is washable, rinse the stain thoroughly with warm water first. Then launder with a mild soap and water. If soap is used ahead of the rinse, the alkali may set the stain.

If the stain persists after the soap and water treatment, treat with a mild solution--for white material only--of 3 tablespoons of Javelle or chlorine water to one quart of cold water. Rinse thoroughly with a weak solution of vinegar and water (3 parts of water to one of vinegar).

To remove fruit and berry stains from rayon fabrics that are nonwashable, sponge immediately with lukewarm water. It is important to dilute the stain as quickly as possible.

Tomatoes are ripening rapidly and coming to market in quantity. When you select them for canning, look them over carefully and use only the firm, ripe ones. The peeling can be quickly done if you place the tomatoes in a wire basket or thin cloth, dip them into boiling water for a moment, and then plunge them into cold water.

FOR RADIO NEWS, JANUARY 10, 1947

Re: on Motion-Picture Industry

BRITAIN--Radio and movie industry executives said the
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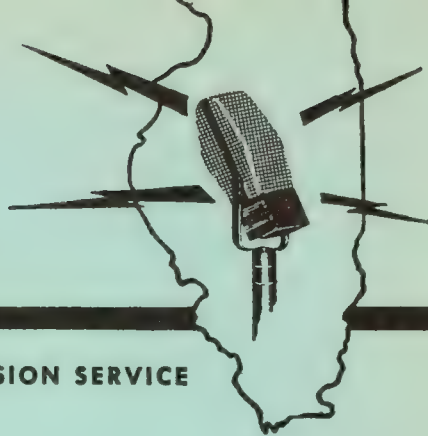
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 17, 1949

Is Breakfast a Problem Meal? Here's a Tip

URBANA--Most folks like a change now and then in breakfast menus. If this first meal of the day is a problem, Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that you try for variety.

Mix fruits--berries with sliced peaches, for instance--for change of flavor. Sliced bananas and oranges or bananas with grapefruit are another interesting combination. Vary cooked fruit flavors too. Sprinkle applesauce with cinnamon or nutmeg. Add orange or lemon slices to prunes or figs.

Split left-over rolls, muffins, biscuits, or cornbread. Spread them with butter and toast them in the oven. Or make bacon rolls by putting crisp brown bacon into toasted rolls. Add crisp bacon, diced, to the muffin batter just before you turn it into the pans for baking.

For a hearty main-course dish, scramble eggs with tomatoes. For six servings, beat together six eggs and a cup of cooked tomatoes. Season with salt and pepper, and cook in a little fat over low heat. Stir constantly and cook until the eggs are the consistency you prefer. Broil or fry tomatoes--ripe or green--and serve with crisp bacon or ham. Cut the tomatoes into slices about one-half inch thick. Dip in beaten egg and then in fine crumbs. Fry in a small amount of fat until golden brown and tender.

THE JOURNAL OF THE RADIO ARTISTS' GUILD OF AMERICA

THE JOURNAL OF THE RADIO ARTISTS' GUILD OF AMERICA

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 18, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are apples, peaches, cabbage, cucumbers, green beans, watermelon and muskmelon.

If you do not have to watch your food budget too closely, you'll be interested in good quality tomatoes, celery and sweet potatoes.

Peaches and apples and practically all vegetables are in the Best Buys class.

This information comes from Lee A. Somers, specialist in vegetable crop and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from the principal markets and on special crop reports from the fruit- and vegetable-growing areas throughout the state.

Volume 1, Number 1, Spring 1964

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Elberta Peaches Are Ready--Their Season Is Short

URBANA--Elberta harvest is on, and the fruit is at its best in flavor and goodness. If you are planning to store peaches for winter menus, don't delay, because the season is short. Food specialists at the University of Illinois College of Agriculture recommend these methods for processing:

CANNING PEACHES

Select firm-ripe peaches and plunge them into boiling water to loosen the skins. Peel them and drop them into weak brine--one tablespoon of salt to one quart of water--to prevent discoloration. Prepare only as many as you can process at one time. Take your choice as to the pack you use--cold or hot. Both give satisfactory results, provided directions are followed carefully.

Cold pack: Pack the peaches into glass jars. Cover with boiling syrup, thin or medium, depending on the sweetness desired. Process pint or quart jars in the boiling water bath for 30 minutes.

To make the thin syrup, use two-thirds cup of sugar per pint of water. The medium syrup calls for one cup of sugar per pint of water.

When processing the fruit, be sure the jars are placed so that the water will circulate freely around them. See that the water comes well up over the tops of the containers. Place the jars on a rack in the boiling water, and when the water is again boiling vigorously, start counting the processing time.

FREEZING PEACHES

Select firm-ripe peaches and peel and slice only enough for one carton at a time. Put the syrup, either 50 or 60 percent, into the carton--about two-thirds cup for a pint carton--and slice peaches into syrup. This keeps them from the air and tends to prevent discoloration. Add more syrup if needed to cover peaches and seal as soon as carton is filled. Leave one-fourth to one-eighth inch of space at top of carton for expansion during freezing.

To make a 50 percent syrup, use one cup sugar and four-fifths cup water; to make a 60 percent syrup, use one cup sugar and one-half cup water. While sugar and water are heating, stir until sugar is thoroughly dissolved. Chill syrup thoroughly before adding to peaches.

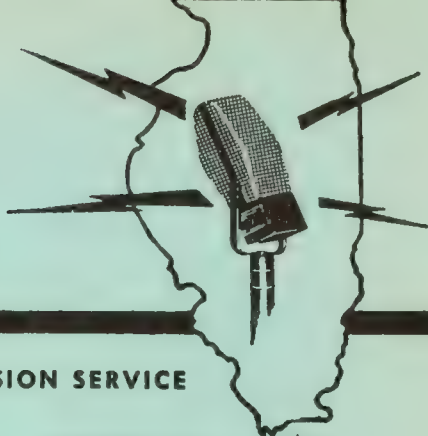
Watch Those Heating Wires--The most vital parts of your electric range are the wires that furnish the heat. One point of caution is, "Don't overheat." Repeated overheating may damage the wires so that they will have to be replaced in time.

To prevent overheating, use pans that fit the unit and make good contact with the unit surface. Turn the switch from its highest heat to a lower heat as soon as food starts to cook.

JEH:lw
8-15-49

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 19, 1949

State Fair 4-H Clothing Exhibit One of the Best

URBANA--Top-notch 4-H Club sewers from 101 Illinois counties banded together to make this year's State Fair exhibit one of the best. Approximately 250 members submitted garments ranging from school dresses to "party pretties," and a goodly number received blue ribbon awards.

Miss Anna Searl, state home economics 4-H leader, University of Illinois College of Agriculture, says that the garments this year were superior to those exhibited in 1948. Interesting materials, careful selection of design, style sense, and good construction all played an important part.

Cotton fabrics--chambray, voile, organdy, gingham, pique, and corduroy--led in popularity with teen-agers as well as 10-year-olds. One exhibit that attracted attention aplenty was the "Construction A-1" group. The garments were displayed to show seams which rated excellent, correct hems, good zipper technique, and facing edge finishes. Attention was called to simplicity of design, choice of pattern in keeping with the material, and effective color combinations.

No one garment exhibited was given first place. Rather the garments were placed in A, B, or C groups, making it possible for a maximum number of girls to participate. The number of garments from a county was governed by the number of girls enrolled in the work. Each exhibitor was required to be a regularly enrolled member of an officially organized girls' 4-H club or a recognized member of a Smith-Hughes class doing home practice work.

JEH:lw
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Published by the Radio News Company, Inc.

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Food Waste--How Do You Score?

URBANA--Surveys by agricultural economists and garbage analysis show that we waste from 20 to 30 percent of all the food we produce. The losses occur in harvesting, storing, shipping, and processing, in selling, and at the table.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that from one-fourth to one-third of this gigantic waste takes place in the home. This means that the average American family throws out approximately 400 pounds of good, edible food every year.

How do you score? Perhaps you think you are not a food waster. But don't make a final decision until you check your day-by-day food habits. Count the crusts of bread that you discard, that small portion of cooked food stored too long in the refrigerator, the food left on plates because servings were too generous.

We can help to prevent food waste, too, by making good use of plentiful foods. Fruits and vegetables are coming to market in quantity and are maturing rapidly in home orchards and gardens. By using them regularly in family menus, we'll not only prevent waste, but save food pennies. Foods that are in good supply are usually the ones that are most reasonable in price.

When you defrost your refrigerator, be sure the drip tray is empty and in place to catch the melting frost. Remove the freezer trays, especially if there are ice cubes in them. This speeds defrosting.

Never use anything sharp to chip frost from the evaporator or to loosen the cube trays. There is danger of scratching the finish and puncturing the coils that hold the freezing liquid.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 20, 1949

Refrigerator Frozen Desserts--Pointers Plus a Recipe

URBANA--In thinking of cold, refreshing desserts, our first thoughts are usually of ice cream. Today mechanical refrigerators make it possible to prepare delicious variations at home. Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, gives suggestions to speed the preparation and adds a recipe for good measure.

For best results, freeze the mixture fast. Turn the control of your refrigerator to the coldest point about one-half hour before freezing time. Keep it at this temperature until the mixture

is frozen. Have the layer of ice cream in the tray rather thin--use more than one tray if necessary--and place the tray in the fastest freezing position. Usually this is the bottom of the freezing unit.

Do not freeze ice cubes at the same time as the cream. After beating the ice cream quickly, return it to the tray, and re-freeze. You can hasten freezing by pouring 1/4 cup of water over the freezing compartment when the tray is to be replaced.

Pineapple Cream (about 8 servings)

- | | |
|---------------------------|----------------------------------|
| 1/2 cup orange juice | 1 cup whipping cream, whipped |
| 1 cup pineapple juice | 1 1/2 cups graham cracker crumbs |
| 25 marshmallows, diced or | |
| 1 pint marshmallow cream | |

1. Heat fruit juices to boiling; add marshmallows; stir until dissolved. Chill.
2. Fold in stiffly beaten whipped cream.
3. Put between layers of graham cracker crumbs in refrigerator tray. Freeze.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 22, 1949

Will a Fabric Wash? Here's the Test

URBANA--Fall wardrobes are calling for attention. Whether we select a ready-to-wear dress or buy material by the yard, one question that needs to be answered is: Will the fabric wash?

One point to remember is that washability depends on the construction, dye and finish of the fabric as well as on the fiber from which it is made. Clothing specialists at the University of Illinois College of Agriculture say that one way to know whether a fabric will wash well is to look for an informative label.

Many fabrics--in ready-to-wear garments as well as by the yard--bear factual labels. These give the results of laboratory washing and strength, color, and shrinkage tests as well as directions for home laundering or cleaning. Read the label carefully before you buy. Once you have made your purchase, file the label for future reference.

If no informative label is attached, test before you wash the material or the garment. In a ready-made garment, test trimmings as well as fabric. Squeeze a sample, or an inconspicuous part of the garment, in lukewarm suds for five minutes. Rinse, dry, and compare with the unwashed material. Merely soaking a sample in water is not a sufficient test.

To test for shrinkage, cut or thread-mark a piece of the material. Measure the piece carefully, then wash and iron it, and measure carefully again. The difference in size will indicate shrinkage or stretchage and will serve as a guide in laundering.

Pickle Pitfalls--What to Do About Them

URBANA--Plentiful supplies of cucumbers at prices favorable to family pocketbooks are headlined at midwest markets. If you have homemade pickles and relishes in mind, now is the time to buy.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that good-quality cucumber pickles are not simple to prepare in home kitchens. Patience, time, and a reasonable amount of skill are necessary. Directions must be followed carefully in selecting the produce, in measuring ingredients, and in processing. Finally, the product must be properly stored.

One of the chief troubles reported by home processors is that pickles become soft or mushy and slippery. This condition always occurs when pickles are exposed above the brine. It sometimes occurs when the brine is too weak to prevent the action of spoilage bacteria. To prevent this condition, keep the brine at the proper strength--your recipe will tell you how--and weight the pickles to keep them covered with brine.

Another difficulty often reported by home pickle-makers is shriveling of cucumbers and loss of crispness and flavor. This may be due to the use of too much salt or sugar, or to vinegar that is too strong. If you want very sour or very sweet pickles, place them first in a weak solution and then transfer them to a more concentrated one.

If you want recipes for making pickles and relishes, send to the University of Illinois College of Agriculture, Urbana, Illinois, for "Suggestions for Making Pickles." Your copy will be mailed on request.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 23, 1949

Child Safety--It Is Our Responsibility

URBANA--September is school time. Many children will be returning to school; others will be going for the first time. All need to be reminded of the importance of safe habits.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that the responsibility for preventing child accidents and for keeping children safe is ours. Safe habits are not instinctive; they have to be learned. Even very young children can understand and learn to obey the everyday traffic regulations that affect their activities.

Let's be sure they understand that it is smart to mind the traffic regulations--whether riding or walking. Let's teach them to stop at the curb and look for traffic coming both ways and for turning traffic before crossing streets, and then to cross only at the cross walks.

Children should understand that they are to obey school crossing guards and school safety patrols, as well as the regular traffic officers. See that the children play on the playground, in the yard or in a vacant lot--never in the street. Let's teach them to be cautious of driveways and alleys.

A child imitates his elders, so let's set an example of safe habits in traffic--walking and driving. Make sure the vehicles children use--tricycles, scooters, bicycles--are in safe operating condition. Drive with extra caution in school and home areas. Do your best to keep clear of bicycles and watch for young children on tricycles, roller skates and scooters.

The National Broadcasting Company

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Vitamin C--For Breakfast

URBANA--Breakfast is the best time to make sure we have some vitamin-C-rich food. If we leave it entirely to later meals, it's difficult to get our daily quota.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that red-ripe tomatoes are an excellent source of vitamin C. Right now they are in good supply--just waiting to be used--and can take over a goodly share of the job of supplying this important nutrient.

Remember that it takes about twice as much tomato juice as orange juice to give you an equal amount of vitamin C. Serve it thoroughly chilled and seasoned to taste with salt and a dash of lemon juice. Or, if you prefer, add a few drops of Tabasco sauce.

Cantaloupe, golden-yellow and fully ripe, is another good source of vitamin C. It is in season now and can take a turn when variety is wanted. Check prices carefully and buy for quality.

Citrus fruits are our richest source of vitamin C. Half a glass--4 ounces--of orange or grapefruit juice, fresh or canned, will go far toward meeting the needs for the day. Half a grapefruit will supply about the same amount.

At present many grocers are featuring sales of canned citrus juices. Ask about them at your local markets. Now, when the fresh citrus fruits are in short supply is the time to make the most of the canned products.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 24, 1949

Ironing--Let's Speed the Job

URBANA--The family ironing is one job that seems to grow along with summer heat and muggy weather. How to speed the job and make it less energy-consuming is a question that calls for an answer.

Good planning is the first step in lightening the load. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests that we sort the clothes according to the ironing temperature they require. For example, put together articles that call for a hot iron, and those that require a somewhat cooler iron.

Sprinkle clothes evenly, and do not have them too wet. Remember, it takes extra heat as well as extra energy to iron unnecessary moisture out of clothes. Dampen clothes less for an ironer than for hand ironing. Heat the iron or the ironer to the right temperature for the fabric before you start ironing, but don't overheat. Iron things that take the least heat first.

Have the ironing board well-padded and set at the right height. Be sure the light is adequate. Sit to iron, especially with an ironer. A comfortable chair of right height and shape will make the work more pleasant. Place the clothes to be ironed within easy reach and at a comfortable height, and have a clothes rack handy for the ironed pieces.

For the purpose of this study, the following hypotheses were formulated:

Dill Pickles--Easy to Make

URBANA--Fresh cucumbers plus a good standard vinegar and a bit of sugar and spice can spell dill pickles for winter menus. They are popular, easy to prepare and easy to store. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this method for preparing them.

DILL PICKLES

Choose 40 to 50 fresh-picked medium-sized cucumbers. Wash thoroughly and drain. Place a generous layer of fresh or dried dill into a five-gallon crock or jar along with two ounces of pickling spice as desired. Fill the crock with cucumbers to within four or five inches of the top. Combine two cups of vinegar with one pound of salt, one-fourth cup of sugar and two gallons of water, and pour over vegetable.

Use pure fine or coarse-grained salt--not table salt. Top with a layer of dill, and cover with a heavy plate, weighting it to hold vegetable under the brine. Do not fill the crock too full, as some juice will be drawn from the cucumbers.

Store pickles at even room temperature--70 to 75 degrees Fahrenheit--for about two weeks. To prevent spoilage, each day remove the white scum that forms. When pickles are crisp, well flavored with dill and clear throughout with no white spots, they are ready to pack.

Drain brine from pickles, strain, heat just to boiling point and cool. Pack the cured pickles in sterilized glass jars, and add one-half cup vinegar for each quart. Add enough of the pickle brine to fill the jars, seal and store in cool, dry place.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 25, 1949

Fresh Fruits and Vegetables--Best Buys This Week (Release on receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are peaches, apples, cucumbers, sweet corn, watermelon and cantaloupe.

The peach crop is better than usual this year, and quality is good. Prices are very reasonable. Prices by the bushel are running under \$2.00 in some local markets. Select fruit that has a yellow-green undertone in the skin, and it will ripen readily and be fine in texture and flavor.

Sweet corn stands high on the vegetable list. Supplies are plentiful, and prices right for just-average budgets. Select for quality and plan to use as soon as possible after purchasing.

If you do not have to watch your food budget too closely, you'll be interested in head lettuce and sweet potatoes. Supplies are short enough to keep them in the higher price brackets, but most of the produce is good quality.

This information comes from Lee A. Somers, specialist in vegetable crop and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from the principal markets and on special crop reports from the fruit and vegetable growing areas throughout the state.

Nylon--Tips on Washing

URBANA--Because nylon is easy to wash, dries quickly, and calls for little or no ironing, it is gaining in popularity. Research is constantly on the job to lend a hand in developing the best methods for the care of the material.

Clothing specialists, University of Illinois College of Agriculture, say that fabrics made entirely of nylon may be washed with the same soaps and synthetic detergents as you use for general laundering. However, be sure the dyes and finishes are truly washable. Check the label for information, but if the material or the ready-to-wear garment is not labeled, then test a sample or an inconspicuous part of the garment for washability.

Garments can be washed in warm, sudsy water either by hand or in the washing machine. Before you decide to use the machine method, check the seam construction and the trim to make sure there is no danger of fraying.

In order to keep white nylon white through repeated washings, it is a good plan to wash it separately. Although colors in other garments may appear to be fast, they often leave enough discoloration to give an "off-white" tinge to the nylon.

When washing white nylon in hard water, be sure to use a soap or other detergent which will soften the water. This prevents the deposit of curds of insoluble soap on the fabric, which gives the garment a gray cast. Be sure the soap or detergent is thoroughly dissolved in the water before you add the garment.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 26, 1949

Looking For Vitamin C? Tomato Juice Is Good Source

URBANA--If you're interested in vitamin C for family menus, keep tomatoes in mind. Red-ripe and fine in flavor, they are one of our best sources, and in addition they supply a goodly amount of vitamin A.

Food specialists at the University of Illinois College of Agriculture suggest that the juice as well as the whole tomatoes be preserved for later meals. The juice can be frozen or canned, depending on the equipment you have available. However, freezing seems to preserve more of the fresh, ripe flavor of the juice than does canning.

FREEZING TOMATO JUICE

Select first-quality tomatoes that are right for serving raw. Wash them thoroughly and remove the core. Do not peel them, but cut the large ones into sections or slices. Simmer for 10 minutes and then strain off the juice. Use a wire strainer, not a cloth bag. Add 1/2 teaspoon of salt to each pint, and package in leak-proof containers, leaving one inch of head space to allow for expansion during freezing. Jars or cartons made especially for freezing liquids are a good choice. There is always danger of leakage when the regular cellophane-lined cartons are used for packaging juices. Seal the jars or cartons as soon as they are filled, and freeze promptly. If there is delay in taking them to the freezing unit, store them in your refrigerator. However, do not store longer than three or four hours, and keep the temperature at approximately 38° to 45° F.

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CANNING TOMATO JUICE

Select firm, ripe tomatoes that are first quality. Wash them, remove the cores, and cut them into small pieces. Simmer until soft--10 to 15 minutes, depending on the quantity you are processing--and then rub through a strainer. Put the hot juice into jars or tin cans that can be sealed perfectly, adding 1/2 teaspoon of salt per pint.

Use the boiling-water bath for processing, and process pint or quart jars or No. 2 or 3 cans for 15 minutes. When the water in the bath is boiling, place jars or cans on the rack so that the water will circulate freely around them. Have the water well over the tops of the containers. Start counting the processing time when the water is again boiling vigorously.

Roastin' Ears--Cooked the Oven Way

URBANA--Sweet corn is plentiful in midwest markets and in many home gardens. The roasting ear season is comparatively short, so now is the time to make good use of this popular food.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you roast the roasting ears--cook them in the oven. Husk and silk the ears and wash them. Wrap each ear in aluminum foil, using the drug store wrap. Close the ends of the package by crinkling the foil. Roast in a moderate oven--350° F.--for approximately 7-8 minutes. Send to the table wrapped or unwrapped--as you wish.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 27, 1949

Dessert For Sunday Dinner--Here's An Easy One

URBANA--Why not let fresh, ripe peaches help solve your dessert problem for Sunday dinner? Illinois Elbertas are at their best in both flavor and price and are just waiting to be used.

There are dozens of ways to use peaches in day-by-day menu plans, but Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, counts Peach Chiffon Pie as extra-special. It is easy to prepare and calls for no last minute preparation.

PEACH CHIFFON PIE

2 teaspoons gelatin	1/4 cup sugar
1/4 cup cold water	Few grains salt
3 cups sliced peaches	1 cup whipping cream

Soften gelatin in the cold water and dissolve over hot water. Slice the peaches, sprinkle with sugar and let stand about 10 minutes. Add the dissolved gelatin and the salt to the peaches and fold in the whipped cream. Turn into a baked pastry crust or a crumb crust and chill in the refrigerator. If your choice is the crumb crust, try adding 1/2 cup of finely chopped or ground nuts to the basic recipe. Almonds add especially good flavor to the peach filling.

THE NEW YORK TIMES, NEW YORK, N. Y., MONDAY, JANUARY 1, 1934

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 29, 1949

Tomato Tips

URBANA--Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says, "To get the most good from tomatoes, eat them raw and fresh. But, remember, they hold a large share of their vitamins even when cooked or canned."

Sort and use the ripest tomatoes first. Keep the rest spread out where it is cool--the refrigerator is a good place--but store them away from the freezing unit. Cold, but not too cold, should be the rule.

Peel and cut tomatoes quickly, just before you are ready to serve them. If you must prepare them ahead of serving time, be sure to keep them covered. Store them in a cool place until you are ready to use them.

To speed the peeling job, plunge the tomatoes into rapidly boiling water for about 1 minute and then quickly into cold water. Another method is to stroke the tomato skin with the back of the peeling knife until it is loosened and easy to remove.

Tomato time is any time--breakfast, lunch, dinner, even between meals. Let's serve them often while they are plentiful and at their best. As a vitamin-C-rich food, they are among the best. One good-sized, vine-ripened tomato will give you about half your day's quota of vitamin C. In addition it will supply a generous amount of vitamin A.

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Having Pickling Trouble? Check The Brine

URBANA--More poor-quality pickles result from improper brining than we sometimes realize. Brine that is too weak or too strong, or not enough brine in the crock, can cause trouble aplenty.

"Of first importance are the ingredients used in preparing the brine," says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Use pure, granulated salt--not salt to which anything has been added to prevent caking. Soft water is the best choice. However, if it is necessary to use hard water, add a small amount of vinegar to neutralize the alkalinity.

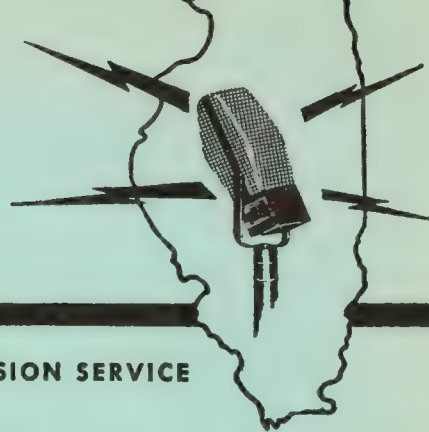
Prepare the brine by adding 1 pound (1 1/2 cups) of salt to 9 pints of water. This brine will be strong enough to float a fresh egg, and this old-fashioned test may serve as a guide in checking the strength of the brine. The volume of the brine should be about half the volume of the pickles. For example, you'll need 2 1/2 gallons of brine for a 5-gallon jar.

Wash, dry, and weigh the cucumbers and place them immediately in the brine. It is necessary to dry them to prevent diluting the brining solution. The brine will be weakened by the water extracted from the cucumbers and must be kept at its original strength throughout the brining period.

After the first 24 hours, add about 1 pound of salt for every 10 pounds of cucumbers. Place the salt on the plate or cover, and allow it to dissolve gradually. Add 1/4 pound (3/8 cup) of salt each week thereafter for about five weeks, or until the cucumbers are cured. For best results, keep the mixture at about 86° F.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 30, 1949

Peaches Turn Dark--Here's A Suggestion

URBANA--One of the problems in canning and freezing peaches is how to prevent change in color. Once they are peeled they darken almost before you can get them into the containers for processing.

Speed in preparation should be the first rule, according to foods specialists, University of Illinois College of Agriculture. Plan to work with small amounts at one time--a pound or two, rather than a bushel--and process them just as fast as they are prepared.

Ascorbic acid--either the tablets or the crystals--will help retain the fresh, ripe peach color. When you are preparing peaches for freezing, slice them into the carton as you peel them. Add three 50 mg. Ascorbic Acid tablets to the syrup for each pint--about one cup of syrup. When crystals are used add 1/4 teaspoon of the crystals to each 4 cups of the syrup.

For canning add 250 mg. of the Ascorbic Acid per quart of fruit. Whether you use the cold pack or the hot, sprinkle the crushed tablets or crystals over the fruit as soon as you have it in the jar and add the syrup at once.

Plan to process the peaches just as rapidly as possible after peeling. Use only top-quality fruit and fruit that is right for eating out of hand. Neither canning nor freezing will improve the quality of the raw fruit.

THE NEW YORK TIMES

FRIDAY, JANUARY 15, 1938

Page 1

THE NEW YORK TIMES, JANUARY 15, 1938

THE NEW YORK TIMES

The New York Times, in its edition of January 15, 1938, contains a number of articles of interest to the general public. The most prominent of these is the article on the new radio bill, which is expected to be passed by the House of Representatives in the near future. This bill, which is known as the Radio Act of 1938, is designed to regulate the broadcasting industry and to protect the public interest. It is expected that the bill will be passed by the House in the next few weeks. The article also discusses the new radio bill and its provisions, and the impact it will have on the broadcasting industry. The article is written by a prominent radio expert, and is one of the most comprehensive and authoritative articles on the subject that has appeared in the New York Times. The article is a must-read for anyone who is interested in the broadcasting industry, and for anyone who is concerned about the future of radio.

The New York Times, in its edition of January 15, 1938, also contains a number of other articles of interest. These include an article on the new radio bill, which is expected to be passed by the House of Representatives in the near future. This bill, which is known as the Radio Act of 1938, is designed to regulate the broadcasting industry and to protect the public interest. It is expected that the bill will be passed by the House in the next few weeks. The article also discusses the new radio bill and its provisions, and the impact it will have on the broadcasting industry. The article is written by a prominent radio expert, and is one of the most comprehensive and authoritative articles on the subject that has appeared in the New York Times. The article is a must-read for anyone who is interested in the broadcasting industry, and for anyone who is concerned about the future of radio.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 31, 1949

Frozen Fish--Tips on Cooking

URBANA--Frozen fish fillets are plentiful in local markets throughout the midwest, and prices are reasonable. Eating quality depends, to a great extent, on how the fillets are treated before they are cooked.

It is not necessary to thaw the fillets before you cook them, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Sprinkle the frozen fillets lightly with salt and let them stand 5 or 10 minutes. Increase the cooking time two or three minutes over the time for thawed fillets, but guard against overcooking.

If you prefer to thaw the fillets, leave them in the refrigerator and thaw them gradually. Thawing them in water is not recommended as it tends to rob them of flavor and destroy the texture. Plan to cook the fish as soon as it is thawed. Don't attempt to re-freeze for there is danger of spoilage.

For variety in preparing fish fillets try baking them. Place them in a shallow pan and pour over melted butter seasoned with a bit of lemon juice and minced onion. When time is short, brush the fillets with French dressing instead of the butter. The dressing contains the seasoning and will speed the preparation.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 1, 1949

Fresh Fruits and Vegetables--Best Buys This Week (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--are apples, peaches, sweet corn, watermelon, tomatoes and cabbage.

Supplies of peaches continue heavy and most of those coming to local markets are good quality. Those with yellow-green undertones in the skin will ripen--not wither--if kept at room temperature for a short period of time, and will be fine in texture and flavor.

Sweet corn is better in quality than earlier in the season. Refrigerate and plan to use as soon after harvesting as possible. Select tomatoes that are smooth, well-formed, and uniform in ripeness.

If you do not have to watch your budget too closely, you'll be interested in head lettuce, grapes, celery, and lima beans. Some markets offer lima beans already shelled. When you buy them in the pods, check for maturity. Pods should be well-filled, but the beans should not be overmature.

This information comes from Professor Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from the various areas of the state.

THE RADIO NEWS

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FOR RELEASE THURSDAY, SEPTEMBER 1, 1949

State Nutrition Conference September 24

URBANA--The Illinois State Nutrition Conference is scheduled for Saturday, September 24, at the Abraham Lincoln Hotel, Springfield, Illinois. You are invited to attend.

Registration is at 9 a.m. (DST), and the first session opens at 9:30 o'clock. The theme for the conference is "The Family's Food Problems." It will be carried out in a manner to interest those who have problems and those who wish to help families with problems relating to food.

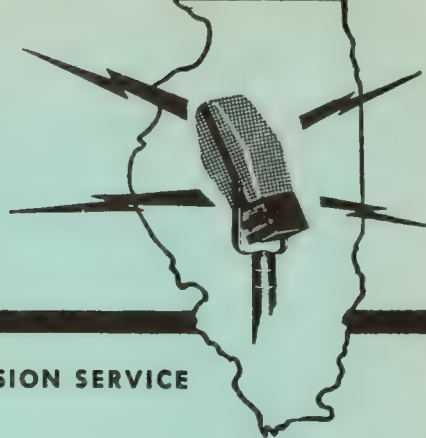
Outstanding speakers in the field of nutrition have been scheduled. At the morning session Dr. Frances Van Duyne, University of Illinois, will discuss the effects of household procedures on the nutritive value of foods. Dr. Janice Smith, University of Illinois, will present recent developments in the nutrition field. Dr. Ercel S. Eppright, head, Department of Nutrition, Iowa State College, has as her topic, "Forming Food Habits: Factors That Determine Food Likes and Dislikes."

The afternoon session will be devoted to the problem of reaching the community with nutrition information. Dr. Marietta Eichelberger, director, Nutrition Service, Evaporated Milk Association, is the key speaker.

Exhibits will be arranged by the education committee, and new films on nutrition and nutrition problems will be available for viewing. The session will close promptly at 3 o'clock.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 2, 1949

Labor Day--Let's Make It a Safe Holiday

URBANA--Labor Day week end officially closes the summer vacation season for scores of families. "Let's make it a safe holiday and a happy one," says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Virtually every family that has a car will be traveling. Streets and highways will be crowded. If you are driving, take time to drive safely. Trying to cover a lot of miles in a brief space of time calls for speed, and records indicate that speed has caused many of our most serious accidents.

Make it a rule to start in time--to allow ample time to cover the miles at a reasonable rate of speed. This is especially important for the trip home when you are tired from the week end activities.

Be sure your car is in good driving condition. Observe traffic regulations to the letter. Watch other drivers, and when there is doubt about "right-of-way" yield to them. Let's remember that accidents don't happen--there is always a cause!

Peaches Are Rollin' To Market and they are priced for everyday budgets. Let's serve them fresh with sugar and cream, tuck them into frozen desserts, or put them between pastry crusts and layers of cake. They are superb brushed with butter, sprinkled with sugar and broiled until thoroughly heated. Serve them as a meat accompaniment.

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Scald Peaches--For Easy Peeling

URBANA--How long does it take you to peel a bushel of peaches? Have you estimated the time? Peach canning is the style these days and rightly, for the fruit is lower in price than any year since the war. However, there is a trick to speed the peeling job.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to scald the peaches before you attempt to peel them. However, scalding does not mean precooking, and directions should be followed and time counted accurately.

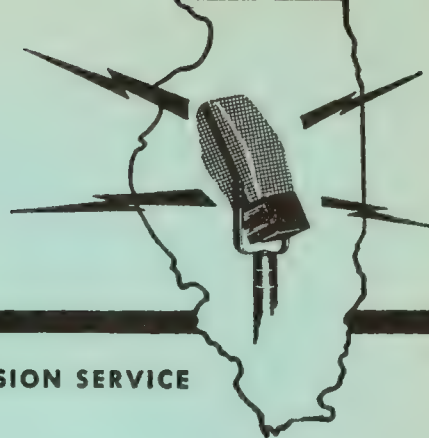
Select peaches that are firm and ripe--right for eating out of hand--and plan to scald only a few at one time. Use about three times as much water as fruit, and be sure it is boiling vigorously. Place the peaches in a wire sieve or colander, and lower it into the water, continuing to heat the water during the scalding period.

Start counting the time from the instant you lower the fruit into the water, and hold it there for one minute. Remove and plunge it into cold water. If running water is not available, use three or four large containers and transfer the peaches as soon as the water in one bath loses its chill.

Rapid cooling is especially important. Unless the fruit is cooled quickly--as soon as it is taken from the scalding bath--the cooking will continue. You'll have cooked peaches rather than scalded peaches, and peeling will result in waste of fruit as well as in waste of time.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPT. 3, 1949

Candied Peach Pie--Easy to Make and Mighty Good

URBANA--Holiday week-ends call for visiting, and friends have a way of dropping in unannounced. Wedges of Candied Peach Pie, served along with cups of fragrant coffee or tea or with tall glasses of milk, will take care of the refreshment problem in fine style.

The pie has good keeping qualities--no under crust to become soggy--so make it in quantity if you wish. Bake it in individual ramekins or in a large pie pan or shallow baking dish. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, sends this suggestion for preparing the dessert:

CANDIED PEACH PIE

Arrange a layer of sliced fresh peaches in a buttered baking dish, and sprinkle lightly with brown sugar and lemon juice. Add a second layer of peaches and then add the crust or topping. To prepare the topping, make a paste of 1 cup of brown sugar, 3 tablespoons of butter, 1/4 cup flour, 3/4 cup finely chopped nut meats, and 1/4 teaspoon of salt. Spread the paste over the peaches, crust fashion, and bake in a slow oven--325° F.--until the peaches are tender and the topping golden brown--about 30 minutes.

Serve the pie plain with a wedge of good-flavored cheese 'longside, or top it with light cream or ice cream.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, SEPT. 5, 1949

School Days Call for Hearty Breakfasts

URBANA--This week means "back to school" for scores of children--tiny tots, grade school children, and teen-agers. For mothers it means having a good breakfast ready on schedule. In order to help, Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, sends these time-saving suggestions:

If your menu calls for toast, you may find you can save time by making it in the oven or broiler. Butter the bread the night before, cover it tightly, and store it in your refrigerator or other cold place. It's ready to pop into the oven the minute you step into your kitchen.

When you plan muffins or other hot bread for breakfast, put the dry ingredients into the mixing bowl the night before and cover the bowl tightly. In the morning add the liquid and melted fat. If you wish, baking pans can be greased and covered the night before.

Fruit is a standard requirement for most breakfasts. When citrus juice is the order, squeeze it the night before. Store it cold and tightly covered, and you'll lose very little vitamin C.

Peaches or pears can be peeled and sliced the night before when morning time is particularly short. However, they must be coated very quickly--as soon as peeled--with lemon juice so that they won't darken. Cover them and store them in your refrigerator.

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Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 6, 1949

College Clothes--What Do You Need?

URBANA--Planning your college wardrobe is foremost in your mind if you're headed "campus-way" this fall. "Suit the clothes to your activities," say clothing specialists at the University of Illinois College of Agriculture. And what will you do at college?

Clothes you'll use the most are your class clothes. Monday through Friday, and sometimes Saturday, you'll be going to that 8 o'clock lecture on campus.

Skirts and sweaters are the old standby for coeds. You'll need some short-sleeve sweaters for the warm fall days, and some cardigans to slip over your blouse when it's on the chilly side. Long-sleeve slip-overs will come handy after the thermometer slides down a few degrees. Skirts can be straight or full, plaid or plain; it depends on which type you prefer.

Blouses, weskits, and jackets can make one skirt look like three or four ensembles. Mix and match, and you'll be surprised at the number of "go-togethers" you have. Do the same with your scarves, belts, and purses.

Jumpers are popular this fall--they're good for classes--and again you can make several ensembles out of one.

Radio News

Radio News is a weekly publication of the National Radio Institute, Inc., which is a non-profit organization. It is published by the National Radio Institute, Inc., 1000 15th St. N.W., Washington, D.C. 20004. The magazine is published by the National Radio Institute, Inc., 1000 15th St. N.W., Washington, D.C. 20004. The magazine is published by the National Radio Institute, Inc., 1000 15th St. N.W., Washington, D.C. 20004.

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College Clothes--2

Date dresses are an important part of your college wardrobe too. You can choose from the casual "movie or coke date" dress to a frilly party or formal dress.

How many coats will you need? You'll need one for classes and one for dressy wear, if your budget permits. A water-repellent coat with a zip-in lining for cold weather eliminates the need for a separate raincoat.

The number of slips, bras, panties, and pajamas you'll need depends on whether you'll send your laundry home or do it yourself. If you send it home, make allowance for the time it will take to get it there and back. A housecoat is necessary--or a brunch coat, if you prefer.

You'll be doing a lot of walking to and from classes, so select your shoes carefully. Several pairs will give you a chance to change off. Don't forget the dressy shoes--make sure they're comfortable too.

You may need some slacks or blue jeans for picnics or hikes. Select them with comfort and durability in mind.

This list may seem long, but if you choose carefully you'll have the right amount of clothes with you. Remember that closet space is usually limited--so take only what you need. The amount of time and money you'll have to care for your clothing will probably be limited too--so keep this thought in mind when buying.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 7, 1949

Fresh Peach Tarts--They're Tops in Flavor

URBANA--Time's growing short for taking advantage of fresh peaches. The crop is better than usual this year, and prices are lower than since before the war.

Fresh, full-flavored peaches are "right" for any meal of the day and for any course, but they are favorites for dessert. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends Fresh Peach Tarts. They are easy to prepare and can be varied to suit family tastes and pocketbooks.

Use your standard recipe for pie crust, and bake the tart shells well ahead of serving time. Or, if you prefer, prepare a crumb crust. Sweeten the sliced peaches very lightly, and heap them into the tart shells. Serve them plain or send them to the table in fancy dress.

Steamed custard is a tasty variation for the tarts. Add a tablespoon or two of the chilled custard to the tart shell ahead of the peaches. Or blend the sliced peaches with the custard and then fill the shells.

Interesting variations can be made by topping the tarts with whipped cream or ice cream. Another suggestion is to sprinkle them with mild-flavored grated cheese. Place them under the broiler for a minute or two--long enough to melt the cheese--just before you send them to the table.

Radio News

THE LATEST NEWS IN RADIO

WASH--Times' report that the radio industry is facing a new era of competition. The report is based on a survey of the industry's financial condition and its prospects for the future.

Times' full editorial coverage has shown that the radio industry is not only a source of entertainment, but also a source of information. The industry's financial condition is strong, and its prospects for the future are bright.

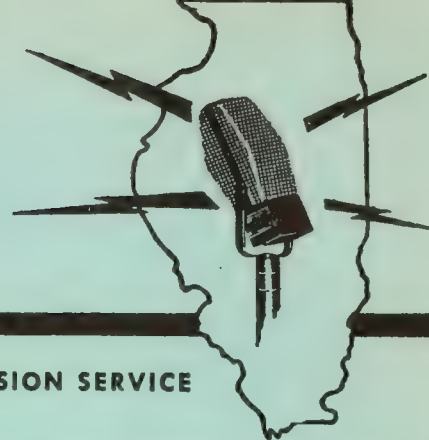
The report also notes that the radio industry is facing a new era of competition. The industry's financial condition is strong, and its prospects for the future are bright. The report also notes that the radio industry is facing a new era of competition.

It is a fact that the radio industry is facing a new era of competition. The industry's financial condition is strong, and its prospects for the future are bright. It is a fact that the radio industry is facing a new era of competition.

Interesting statistics are given in the report. The industry's financial condition is strong, and its prospects for the future are bright. Interesting statistics are given in the report.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 8, 1949

Fresh Fruits and Vegetables--Best Buys This Week (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--tomatoes, sweet corn, peaches, apples, peppers, California grapes, and cantaloupe (nearby grown).

September is the month for housewives to buy their tomatoes for home canning and juicing.

If you do not have to watch your budget too closely, you'll be interested in celery, head lettuce, and cantaloupe (shipped).

This information comes from Professor Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from the various areas of the state.

Training Courses for Teen-Age Drivers

URBANA--Teen-age drivers are at the wheel of many a family car these days, traveling to and from school. Part of the responsibility for the safety of these young drivers and their passengers rests directly on parents.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that many high schools in Illinois have training courses for students. These courses are a part of regular high school studies, not extras.

Whether your high school offers such a course for your teenager or not, make certain that he knows how to drive safely. Be sure, too, that he has a genuine respect for his responsibilities as a driver.

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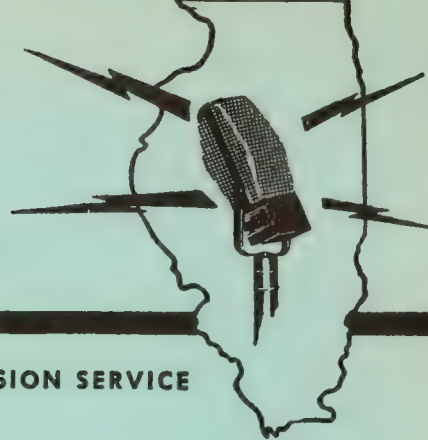
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Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 9, 1949

Your College Wardrobe Needs Planning

URBANA--Two basic rules to keep in mind when planning your college wardrobe are: Make use of the clothing you have, and stay within your budget. These suggestions are made by clothing specialists at the University of Illinois College of Agriculture.

Your first move is easy--step into your closet, and take a long look at what you have. Look each garment over carefully--maybe a few stitches will fix that ripped seam or replace a missing button. Or perhaps you can remake that "too-tight" skirt into a weskit. Weskits are ever so popular this fall and add variety to many skirts and jumpers.

Maybe you have a bright summer skirt that doesn't reach around your waistline any more. If it's a gathered one and the right-weight material, you can easily make it into a short-sleeve blouse that will add color and variety to your suits.

After you make the most of what you have, look at the financial angle. Spend a few hours talking to your Mom and Dad about the money you can spend for clothing. A clear understanding of just how much you can spend will enable you to spread your purchases throughout the year.

Special Report

Healthcare Reform

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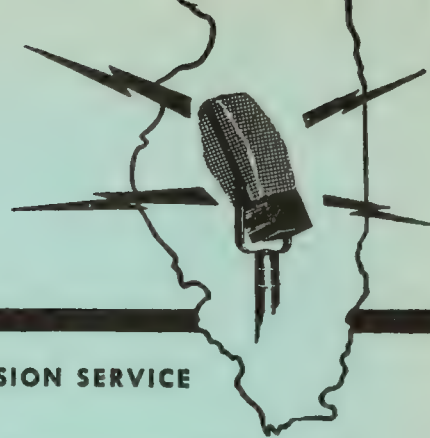
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Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 10, 1949

Cookie Baking--Easy Does It

URBANA--School time is cookie time. Young folks--from first graders to college seniors--like to raid mother's cookie jar the minute school "lets out" for the day.

It's folly to spend hours rolling and shaping cookies, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. There are any number of kinds that can be mixed and baked as quickly as muffins or biscuits. Best of all, they can be crisp and crunchy or plump and tender, depending on family tastes.

Cookie doughs range from those soft enough to drop to those stiff enough to shape and pack into a roll and slice for baking. There are doughs which are spread in the pan and cut after baking. And there are others which are molded with a cookie press or pastry tube.

Check your recipe file and your cook books for easy-to-make cookies and tidbits. Be sure the recipes have been tested. And select ones that match family tastes and at the same time are in keeping with the family pocketbook. An always-filled cookie jar can be costly when appetites are hearty.

To start your cookie baking work, try this recipe.

PEANUT BUTTER DROP COOKIES

1/2 cup peanut butter

1/4 cup butter

1/2 cup sugar

2 eggs

1 cup raisins, dates or figs

(or 1 cup of three combined)

1 cup flour

2 tsp. baking powder

1/4 cup milk

Cream peanut butter and butter together, add sugar and cream well. Add eggs, one at a time, beating thoroughly after adding each. Add fruit. Sift flour and baking powder together, and add alternately with the milk. Drop by teaspoonfuls onto a lightly greased cooky sheet. Bake in a moderate oven (350°) 15 to 18 minutes.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 12, 1949

Don't Slip When Buying Slips...

URBANA--Don't slip as a buyer when you're selecting the slips for your college wardrobe this fall.

In slip buying as in wardrobe planning, says Miss Fern Carl, clothing specialist at the University of Illinois College of Agriculture, you must suit the garment to your activities.

Know before you step up to the counter whether you want a dressy slip with lace or ruffles or a tailored one. You'll need two or three tailored slips for classes and a dressy one for special occasions.

When you're looking at a slip across the counter, you usually notice the material first. Is it rayon, satin, or nylon? Pay special attention to the labels; the manufacturer may give suggestions about laundering and ironing.

If you have any doubt about what the material is, ask the clerk. It is important to know what you're getting so that you will know how to care for it. For example, acetate rayon and nylon demand a warm, not hot, iron.

Next you'll notice the style or cut of the slip. Does it have a yoke at the waistline? Is it a bias or straight cut? Is the

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Don't Slip When Buying Slips--2

back cut straight across, or is it a V-shape. Experience has taught you which style you prefer, so buy what you want and what you like.

Workmanship is important too. It determines how long and how well your slip will wear. Is the length of stitches suited to the material? Are seams firmly stitched so that they won't pull out?

Look carefully at the straps--will they withstand many washings? Are they attached firmly to the body of the slip? Can you adjust them easily?

If there is any lace trimming, does it look durable? Or will it go to pieces after two or three washings? Think of the laundry facilities you will have at college--will you be washing your slips by hand, using an automatic washer, or sending them home?

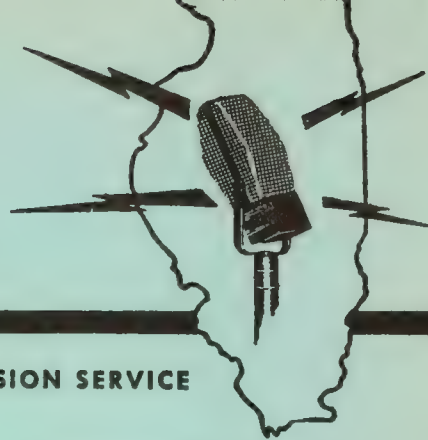
The color you choose is a matter of personal preference. Most college girls prefer white or pink. Suit your slips to your blouses and sweaters. One black or navy blue slip will take care of those afternoon tea and date dresses.

Suit your formal slips to the style, color, and number of dresses you have. Formal dances and parties are plentiful on campus, so be prepared.

Think before you buy is a good policy to follow when shopping for slips. Know what you want, and then examine closely what you're getting.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 13, 1949

Remember Special Care Sweaters Need

URBANA--Before you buy sweaters for your college wardrobe this fall, you must realize they require special care. Think of the time, money, and facilities available for care while at college, recommends Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture.

Here are some questions to ask yourself before buying:

How much time will I have to care for my sweaters? Will my budget allow any money for care and upkeep? Or will I wash my sweaters at home?

How many do I need? Do I want a nylon or wool sweater?

The nylon ones require some shaping, but not so much as the wool ones. Is the color becoming, and does it match skirts, jumpers, and slacks?

Try the sweater on before you buy it--does it slide over your head easily? Is the sleeve length right for you? The "Sloppy Joe" (boxy) sweater is out of style, but don't go to the other extreme by buying one that's too tight.

Read labels carefully. Know what you're getting. Miss Carl places emphasis on quality. Look the sweater over carefully. Notice whether the neck, sleeves, and waistband are firmly knitted; prevent those "will it stretch and never return to normal?" worries. If it's a cardigan, are the buttonholes reinforced?

Be an alert buyer--sweaters are an important part of your college wardrobe--so choose wisely and carefully.

THE NATIONAL BROADCASTING COMPANY

APRIL TWENTY, 1935

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 14, 1949

Sweet Spreads--Make Them Now or Later

URBANA--It's preserving time in home kitchens. Fresh fruits--peaches, plums, grapes--are at their best for making preserves and butters. If they are favorites with your family, you'll want to tuck a goodly supply away for your winter menus.

"Key your preserving program to your time schedule," says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Sweet spread preparation can be completed now, or the fruit juice or pulp may be canned and made into preserves and butters as you wish.

The fruit pulp or puree can be canned without sugar, but a small portion does tend to preserve the bright, fresh color. Prepare it as usual, pack hot into sterile jars, process and seal. Use the boiling water bath and process long enough to heat the product thoroughly--about 20 minutes for pints and quarts.

When you can juice for jelly, no sugar should be added. Use some fruit that is slightly under-ripe along with the fully ripe, and boil the crushed fruit longer than when you can it for beverage purposes. The longer boiling is necessary to extract sufficient pectin to make the jelly "set." Process in the boiling water bath for 10 to 12 minutes.

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Walden, Massachusetts, July 1, 1841

My dear friend, Mr. Emerson

Dear friend, I have just received your letter of the 27th inst.

and am very glad to hear from you. I have been thinking of you very much lately, and wondering how you are getting on. I hope you are well and happy. I have been very busy lately, but I have managed to find some time to write to you.

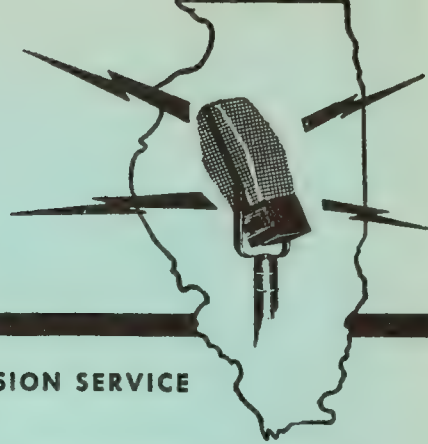
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 15, 1949

Fresh Fruits and Vegetables--Best Buys This Week (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies: tomatoes, cucumbers, cabbage, peppers, squash, peaches, pears, prunes, grapes, and apples.

Look for Jonathan apples. The harvest is on in Illinois orchards, and the quality is good. Indications are that the crop will be larger than last year. When you buy, select for quality. Most of the supply coming to market is well colored and ready for use.

Peaches are coming into local markets from Michigan and Wisconsin. The season is almost over, so don't delay. Check markets for shipments, and give attention to quality. A yellow-green undertone in the skin is an indication that the fruit will ripen--not shrivel.

If you do not have to watch your food budget too closely, you'll be interested in cauliflower, head lettuce, sweet potatoes, pears and celery.

This information comes from Professor Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from the various areas of the state.

EH:lw
9-12-49

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FOR RELEASE THURSDAY, SEPTEMBER 15, 1949

Pickled Peaches--Prepare Them Now for Winter Menus

URBANA--Old-fashioned homemade pickled peaches! Remember how good they are with roast duck or chicken or turkey? Both free-stone and clingstone peaches are in market, but their season is running out, so don't delay.

Pickled peaches are easy to make--even for a beginning cook--according to Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Select peaches that are mature and fine in flavor, but not over-ripe.

Because of the acid involved, some special attention must be paid to utensils used. Only enamelware kettles and enamel or wooden spoons should be used, and sterilized glass jars or crocks are best for storing. Acids are likely to attack the metal in other types of utensils.

Pickled Peaches

4 pounds peaches--small	1 cup water
yellow freestone preferred	4 sticks cinnamon, broken
3 cups sugar	in small pieces
1 cup vinegar	4-5 cloves for each peach

Boil vinegar, sugar and cinnamon for 15-20 minutes, or until syrup begins to thicken. Peel the peaches and add the cloves to each peach. Drop a few peaches at a time into the syrup and cook until tender. Pack into sterilized jar and continue until jar is full. Add syrup, one stick of cinnamon (broken), seal, label and store.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 16, 1949

Have Peach Crunch for Dessert Today

URBANA--A dessert that will add crunchiness and some "good ole" peach flavor to your meals is worth trying in this time of peach plenty.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this quick and easy dessert:

PEACH CRUNCH (4 servings)

1/c c. flour	4 peaches, peeled and quartered
1/2 c. sugar	1 t. nutmeg
1/2 c. butter	Juice of 1/2 lemon

Sift flour and sugar, add butter which has been cut into small pieces. Spread about half of this mixture in baking dish; place peaches on mixture. Sprinkle with nutmeg and lemon juice. Cover with rest of flour-sugar-butter mixture. Bake at 375° 15 minutes or until brown. Serve with whole milk, light cream or whipped cream.

MO:lw
9-12-49

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FOR RELEASE FRIDAY, SEPTEMBER 16, 1949

Window Treatment Important--Give It Thought

URBANA--The attractiveness of your home depends largely on the way you treat the windows. What shades or draperies you choose and how you use them calls for thought and planning, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Before you decide on the treatment, study the situation thoroughly. What effect do you wish to accomplish? What do you want the windows to do for your home--outside and inside? Shades, draperies, and other devices can provide privacy, hide ugly views, regulate light, soften the lines in the wood trim, and even correct windows that are badly proportioned. It depends how they are used.

The best window treatment depends, first of all, on the size, shape and arrangement of the windows. If the window is very narrow, it may be necessary to leave every bit of it unobstructed in order to provide sunlight and a feeling of spaciousness. If the span of glass is so large that the room lacks a friendly atmosphere, you'll want to make it look smaller.

There is also the problem of height to consider. Is there a pleasing relation between the height of the window and the height of the ceiling? Or is the window so short that it appears chopped off, or so tall that it appears lanky?

The general character of the room and its furnishings should be considered in deciding on the window treatment. Simple furnishings call for informal treatment; elaborate furnishings usually require more formal treatment. Any window decoration should help to create a restful and cheerful atmosphere within the room.

The University of Illinois leaflet, "Window Treatment," will help you solve window problems. Ask your county home adviser for a copy, or write to University of Illinois College of Agriculture, Urbana, Illinois.

THE HISTORY OF THE UNITED STATES

The history of the United States is a story of a people who have grown from a small group of settlers on the eastern coast to a great nation that spans the continent. The story begins with the first European settlers, who came to the New World in search of a better life. They found a land of opportunity, but also a land of hardship. The early years were marked by struggle and sacrifice, but the spirit of the pioneers was strong. They built a nation that was based on the principles of liberty and justice for all.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 17, 1949

Fabrics for Draperies--Choice Range Is Good

URBANA--"Take time to select fabrics for your draperies," says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. The market affords a better choice range than since before the war, and color, texture, and pattern are important.

Study the other furnishings in the room and in adjoining rooms, and decide the effect you wish to create. The window treatment should harmonize with the other furnishings, tying the whole room together and making it appear as a unit.

If there is considerable pattern in the walls and furnishings, it is wise to select fabrics with no pattern or those that appear plain. If the walls and furnishings are plain, then patterned draperies--if skillfully used--will add interest and tone to the room.

You'll find fabrics suitable for draperies at dress-goods counters as well as in drapery departments. Consider your needs and the money your budget will allow for draperies. Consider, too, the service you expect them to give and the care they'll require.

It is important to know whether the material can be laundered successfully or must be dry cleaned. Check the label for information about shrinkage. Unless it carries a percentage guarantee, allowance must be made for shrinkage. Quality of material is just as important as color and pattern and should be determined before final selection is made.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 19, 1949

Be Prepared for the Rain

URBANA--You won't be chanting the familiar "rain, rain go away" if you have a suitable raincoat for your college wardrobe this fall.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, recommends that you consider your needs first of all.

Do you have a topcoat? Then perhaps you'll need a plastic raincoat to protect the topper or your jackets and skirts. If the sun comes out between classes, you can easily slip it off. Ease of folding and carrying is an asset many college girls will value.

Maybe your budget can afford a cotton raincoat. This type is popular and comfortable too. Wear it over a cotton dress or skirt and blouse, and you'll feel just right on a fall day.

You can get a coat that will serve several purposes at once--a raincoat that can double as a topper for fall days. Maybe it has a zip-in lining to take care of colder days too. You can wear this type almost anywhere the college girl will go.

Be Prepared for the Rain--2

If you buy a raincoat, you'll wonder just what the difference is between a waterproof and a water-repellent finish. The waterproof sheds all the water--even in heavy storms. A water-repellent coat sheds the water in an average rainstorm.

Read the label, and then ask the clerk if the coat has a durable finish. Will it dry clean? And will the finish last through more than one dry cleaning? What about the seams--are they also treated to repel water?

Raincoats are now a style--they are more functional and help to develop your wardrobe too. Fit them to your needs and budget, and when you decide what you're going to buy, know what you're getting

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 20, 1949

Chicken for the Freezer--Stewing Hens Are Good Buys

URBANA--Poultry flocks are being culled. Loafer hens are on their way to market. Prices in many markets are reasonable enough to make chickens good buys for freezer storage.

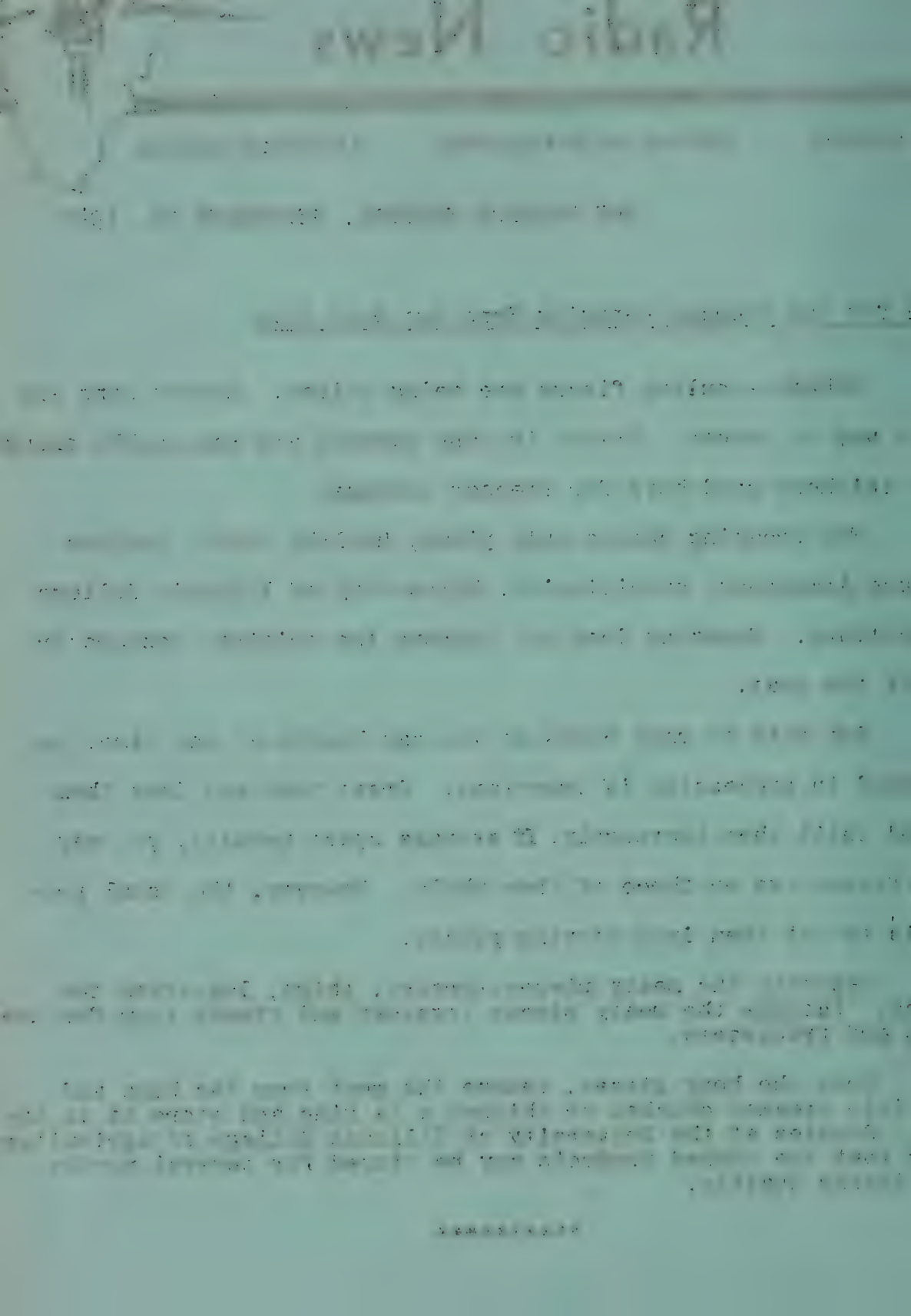
For freezing choose only plump, healthy birds, advises Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Freezing does not improve the original texture or flavor of the meat.

Buy only as many birds as you can handle at one time, because speed in processing is important. Dress them and draw them fully and chill them thoroughly. If storage space permits, you may wish to freeze two or three of them whole. However, the usual procedure is to cut them into serving pieces.

Separate the meaty pieces--breast, thigh, leg--from the bony ones. Package the meaty pieces together and freeze them for use in stews and fricassees.

Cook the bony pieces, remove the meat from the bone and make it into creamed chicken or chicken a la king and store it in the freezer. Studies at the University of Illinois College of Agriculture indicate that the cooked products may be stored for several months without losing quality.

JEH:lw
9-16-49



The New Radio Station in the South

The new radio station in the South is a very important one. It is the first of its kind in the South and it is a very important one. It is the first of its kind in the South and it is a very important one.

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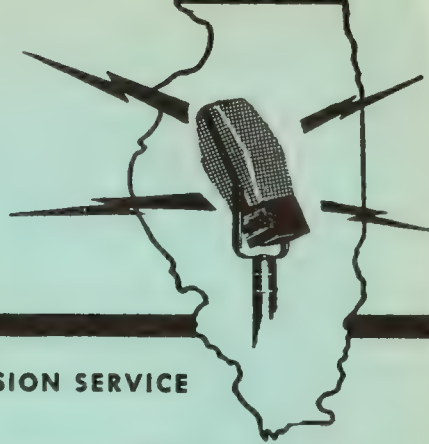
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Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 21, 1949

Peach Dessert--in the Making While Eating

URBANA--A peach dessert that can be in the making as you eat the main course of your dinner is Broiled Peaches a la Mode. The flavor of broiled peaches, melted chocolate, and ice cream combines to give a tasty dessert that can't be beat.

Miss Grace Armstrong, food and nutrition specialist, University of Illinois College of Agriculture, reminds you that peaches are a good source of vitamin A. One large peach provides about one third of the day's vitamin A requirements.

BROILED PEACHES A LA MODE

Peel and halve firm ripe peaches. Remove the stones. Broil about ten minutes, or until slightly brown. Remove from broiler, and place a square of sweet chocolate in each stone cavity. Just before serving, top with ice cream. One large peach makes two servings, or a small one can be used for one serving.

CMO:lw
9-16-49

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Your Wringer--Load Important

URBANA--"Measure the load for your wringer if you want it to give good service," says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. Too heavy a load may lock the rolls and even strip the gears.

Study your equipment and understand how it operates. Wringers on some machines have self-adjusting rollers that automatically set to the right pressure. Others need to be set according to the thickness of the clothes. Too much pressure strains clothes, wringer and motor. On the other hand, too little pressure does not wring the clothes dry enough.

Run the clothes through the wringer in smooth folds instead of lumps. Fold buttons, buckles and zippers inside the cloth. This procedure not only will protect the wringer and the clothes, but will speed ironing and save mending time.

Before every washing, test the safety-pressure release on the wringer to be sure it is working. Keep your hands away from the rollers as the clothes are going through. Flip an end of the piece onto the moving roller and let the wringer carry it through. Watch the wringer as each piece starts through to be sure that it does not wrap around the roll.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 22, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are leaf lettuce, peppers, eggplant, spinach, squash, tomatoes, beets, apples, peaches, Michigan pears, and Michigan Damson plums.

If you do not have to watch your budget too closely, you'll be interested in snap beans, Michigan celery, and cranberries.

The first cars of cranberries are arriving in midwest markets from production areas in Massachusetts. The crop is expected to be about 17 percent less than the record harvest of last year. However, production is expected to be more than a fifth above the 1938-47 crop average.

This information comes from Professor Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from the various areas of the state.

Flavoring Tip--Honey blends well with the natural flavor of any kind of fresh fruit that needs sweetening. Drizzle it over the fruit, and allow it to stand about 30 minutes before serving. Add it with a light hand--too much honey will mask the fresh fruit flavor rather than enhance it.

Continued from page 1

The following is a list of the names of the persons who have been named in the above mentioned articles.

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For Dessert--Bartlett Pears Plus Cheese

URBANA--Team Bartlett pears with full-flavored, nippy cheese and you have a perfect ending for many a luncheon or dinner, says Miss Frances Cook, food specialist, University of Illinois College of Agriculture. It is a favorite combination and one that is quick to prepare and attractive and easy to serve.

Bartlett pears are coming to market at moderate prices, and many local stores are listing them by the pound and by the bushel. Check for quality and ripeness before you buy. Pears should not be overripe. Frequently spoilage starts at the core.

Pears are fine salad fare and offer plenty of opportunity for variation. Select fully ripe pears, peel and core them and fill the centers with a mixture of cottage cheese, minced green peppers and chopped nuts. .

Another delightful salad combination is pears, pineapple fingers or wedges, and Roquefort cheese. Slice the fully ripe pears and arrange alternate slices of pears and pineapple on shredded lettuce or endive. Serve with a tart French dressing to which you have added a generous portion of Roquefort cheese.

While pears are so plentiful, you may want to process some of them for winter meals. Use your boiling water bath for the processing, and plan to work with small amounts of the fruit at one time to prevent discoloration.

Wash and peel the pears, cut them in half and remove the core. Boil in thin or medium syrup 4 to 8 minutes according to size and softness. Pack them hot into the containers and cover with the boiling syrup. Process pint or quart jars or No. 2 or 3 cans 20 minutes.

THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION
PUBLISHED WEEKLY
CHICAGO, ILL., MAY 1, 1919
VOLUME 21, NO. 19
PUBLISHED BY THE AMERICAN MEDICAL ASSOCIATION
535 N. Dearborn Ave., Chicago, Ill.

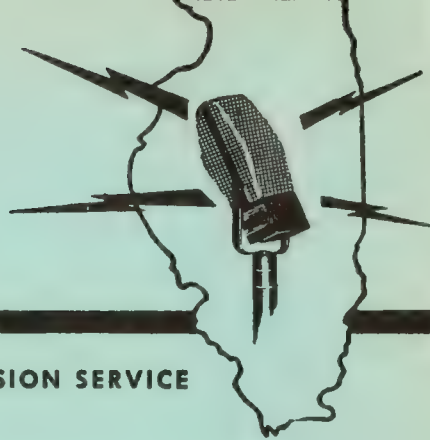
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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 23, 1949

State Nutrition Conference Tomorrow--September 24

URBANA--The Illinois State Nutrition Conference is scheduled for tomorrow, Saturday, September 24, at the Abraham Lincoln Hotel, Springfield, Illinois. You are invited to attend.

Registration is at 9 a.m. (DST), and the first session opens at 9:30 o'clock. The theme for the conference is "The Family's Food Problems." It will be carried out in a manner to interest those who have problems and those who wish to help families with problems relating to food.

Outstanding speakers in the field of nutrition have been scheduled. At the morning session Dr. Frances Van Duyne, University of Illinois, will discuss the effects of household procedures on the nutritive value of foods. Dr. Janice Smith, University of Illinois, will present recent developments in the nutrition field. Dr. Ercel S. Epright, head, Department of Nutrition, Iowa State College, has as her topic, "Forming Food Habits: Factors That Determine Food Likes and Dislikes."

The afternoon session will be devoted to the problem of reaching the community with nutrition information. Dr. Marietta Echelberger, director, Nutrition Service, Evaporated Milk Association, is the key speaker.

Exhibits will be arranged by the education committee, and new films on nutrition and nutrition problems will be available for viewing. The session will close promptly at 3 o'clock.

THE JOURNAL OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

REPORT OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

ON THE RESULTS OF THE INVESTIGATION OF THE CAUSES OF THE
EPIDEMIC OF TYPHOID FEVER IN THE CITY OF PHOENIX, ARIZONA,

1901-1902

BY THE AMERICAN PUBLIC HEALTH ASSOCIATION

AND THE PHOENIX HEALTH DEPARTMENT

PHOENIX, ARIZONA, 1902

PRINTED BY THE AMERICAN PUBLIC HEALTH ASSOCIATION

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Making Draperies? Take Time to Measure Accurately

URBANA--Check and double-check measurements before you buy the material for draperies, advises Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. Measurements that are too short make piecing necessary. On the other hand, too generous measurements waste both material and money.

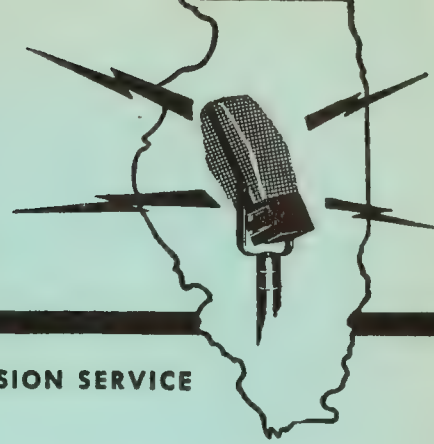
Before you take measurements, study the situation and decide on the style of draperies you wish. Use a yardstick for measuring the windows--a tape measure often stretches. Take the measurement from the top of the rod to the length desired--to the sill, the edge of the apron, or the floor.

Add sufficient length for the heading, casing and hems. Tiebacks call for additional length, and you'll need six to 12 inches of extra material per curtain if the curtains are to lie on the floor.

If you select material with a definite pattern or design, it may be necessary to buy extra length in order to match the pattern. The units or figures should march across the window in orderly fashion--not zigzag. Check the material for shrinkage information. Unless it has been preshrunk and the percentage of shrinkage guarantee is listed, you'll need to add extra length for shrinkage.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 24, 1949

Pickled Pears Are "Extra Special"--Tested Recipe

URBANA--Pickled pears are elegant fare. Tart, spicy, and fragrant, they are perfect to serve with roasts and chops. Or they are a good addition to the appetizer tray.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends Seckel pears for pickling. They are coming to local markets at moderate prices, and the supply is better than usual. Select fruit that is uniform in size, fully mature and yet firm in texture.

Pickled Seckel Pears

8 pounds pears	2 tablespoons whole allspice
10 two-inch pieces	4 pounds sugar
stick cinnamon	1 quart vinegar
2 tablespoons whole	1 pint water
cloves	

Wash the pears and remove the blossom ends only. Do not remove the stems. Boil for 10 minutes in water to cover. Drain and prick the skins. Tie spices in a thin white cloth and add to the sugar, vinegar and 1 pint of water. Boil for 5 minutes. Add the pears and boil for approximately 10 minutes, or until tender. Let stand overnight, or for 12 to 14 hours. Drain the syrup from the pears and heat to the boiling point. Pack into hot sterile jars and add the boiling syrup, filling the jars. Seal tightly, cool and store in a cool dark place.

JEH:lw
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The following information is for your information only.

Information for the Public

The following information is for your information only. It is not intended to be a substitute for medical advice or treatment. It is intended to provide you with information about the risks and benefits of radiation therapy.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 26, 1949

Blouses That Go to College

URBANA--Blouses add versatility and interest to your college wardrobe. It's a wise coed who knows how to express individuality and personal style through the use of blouses.

Plan your blouse-buying carefully, advises Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. The choices you make will determine the interchangeability of your garments, the amount of money you'll need for care, and the time you'll spend on care and upkeep.

Decide what kind of blouse you want before you shop--do you want a tailored one for classes or a frilly one for dates and dances? Maybe you can buy a basic blouse that is suitable for campus and, with a change of skirt or accessories, can also be worn to a party or on a date.

Or help your college budget by making your own blouses. The cap-sleeve blouses that go so well with suits are simple to make. Use remnants, or material from summer dresses or skirts that are not wearable because they're too tight or too short.

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Blouses That Go to College--add 2

Fabrics in the spotlight this fall are plaid gingham, wool jersey, and corduroy. Striking colors are popular too.

Whether you buy ready-to-wear blouses or the fabric for a blouse, read the label to learn what the material is and how you should care for it. Usually the manufacturer includes on the label information about care. He knows what treatment the material has received, so heed his advice.

If there is any doubt about the kind of material, ask the clerk. You must know what you have in order to clean it correctly. Wool jersey, nylon, and rayons require special attention in laundering and ironing.

If you buy a ready-to-wear blouse, examine the construction carefully. Are the seams stitched securely so they won't pull out. Are buttonholes finished neatly and securely so they won't fray? Will trimmings and buttons wash or dry-clean?

Be sure the blouse you buy fits into your wardrobe. Wear it plain or with accessories--and one blouse will equal several ensembles.

CMO:lw
9-21-49

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There is no question that the United States has a long and distinguished history of supporting the people of the world in their struggle for freedom and independence. This policy is based on the principle that the United States has a right to be free from the threat of aggression and to live in peace and harmony with all peoples. The United States has a right to be free from the threat of aggression and to live in peace and harmony with all peoples. The United States has a right to be free from the threat of aggression and to live in peace and harmony with all peoples.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 27, 1949

Pack Nutrition AND Surprises Into School Lunches

URBANA--Lunch time is a big moment to anyone at school--a great and important spot in the day. Why don't you pack it with surprises for your school-going youngster?

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, suggests a way to pack nutrition and surprises together--in peanut butter pudding. Your active and growing child needs plenty of protein and calories--and peanut butter is an excellent source of both. One tablespoon furnishes about 100 calories.

Peanut butter pudding will add a new flavor to your child's lunch. Pack it in a small wide-mouthed jar, cover tightly, and don't forget to include a spoon.

PEANUT BUTTER PUDDING

2 c. milk
1/4 c. honey
1/4 c. peanut butter

3 T. cornstarch
1/4 t. salt

Scald milk. Blend remaining ingredients, and when creamy add to milk. Cook over hot water, stirring constantly until thickened--about 15 minutes. Pour into small wide-mouthed jars or other containers which can be covered tightly. Put in refrigerator until ready to pick in lunch box. Makes 4-5 servings.

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Last-of-the-Season Vegetables--Let's Turn Them to Good Account

URBANA--Do you have a plan for using those last-of-the-season vegetables in your garden? Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that you combine them and can them for use in soups and in creamed and scalloped dishes.

There are any number of vegetable combinations suitable for canning. Select one in keeping with family tastes. Tomatoes, green beans, carrots, okra, and sweet and red peppers are still available in many home gardens and give a good basis for selection.

Strong-flavored vegetables, such as onions, cabbage, and turnips, should be used sparingly if at all. It is usually more satisfactory to add such vegetables during the final cooking or preparation of the dish. The potato is another vegetable that seems to lose flavor when canned and is at its best when added during the final cooking.

Wash and prepare the vegetables for cooking, cutting them into small pieces or cubes, depending on the use you plan to make of them. Select seasonings according to family tastes, and add them with a light hand. Salt, white pepper, a dash of cayenne, a trace of garlic--but only a trace--parsley, thyme or bay leaf are good teammates for many vegetable combinations.

Cover the vegetables with boiling water, heat again to the boiling point and fill the containers with the hot mixture. Add enough liquid to cover the vegetables, but leave about one inch of head space at the top of the jar.

Process--in your pressure canner--at 10 pounds' pressure, allowing 60 minutes for pint jars and No. 2 cans and 70 minutes for quart jars and No. 3 cans. Count the processing time from the time the required pressure is reached. Maintain the pressure throughout the processing period.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 28, 1949

Variety Aplenty at Fish Markets

URBANA--Write fish into your menu plans often, advises Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. It supplies good-quality body-building protein and many of the vitamins and minerals necessary to good nutrition.

Supplies of fish are heavier than usual this week, and even small markets offer plenty of choice. Lake trout and whitefish are arriving from Canada. Yellow pike, suckers, fresh oysters and shrimp are featured. Frozen fillets are in almost every market.

Make it a rule to buy as you need, unless you have ample refrigerator space for storage. Fish is one of our most perishable products and should be stored in the coldest part of the refrigerator--in the freezing tray or tray compartment--if it is not to be served the day it is purchased.

In estimating the amount to buy, allow--for each person to be served--1/4 to 1/3 pound of fish fillets or steaks, 1/3 to 1/2 pound of dressed fish, and 1/2 to 3/4 pound of drawn fish. Buy fish from markets where it is adequately refrigerated. It should be at refrigeration temperature or on a bed of crushed ice even when displayed for purchase.

Choose fresh fish that has firm flesh and no disagreeable odor. If the head is on, the eyes should be bright, full, and bulging. The scales should cling to the skin. Gills should be reddish-pink.

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FOR RELEASE WEDNESDAY, SEPTEMBER 28, 1949

Don't Worry About Accidents--Help to Prevent Them

URBANA--Accidents represent by far the most important cause of death among school children at present. The leading cause is motor vehicle traffic. What kind of driver are you?

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that the safety of children is our responsibility. It is true that we can't watch every driver, but we can help children to observe common, everyday rules of safety. Parents, big brothers and sisters, as well as teachers, share this responsibility.

The death toll among school children can and must be reduced. Saving lives is worth every effort we can make. Teaching children to be careful at home, careful at play, careful at school, and on the way to and from school will help. Setting a good example--observing everyday rules and regulations of safety ourselves--is one of the most important steps in teaching children to be careful--to observe safety rules.

Upholstered Furniture--Wool upholstery should be cleaned frequently, advises Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. Not only the wool fabric, but the material used for stuffing attracts moths.

Whether you use a brush or a vacuum cleaner, go over all parts of the furniture--along each seam, into every crack or corner, and over the front, back and underneath.

Ways About Accidents--Help in Preventing Them

among school children at present. The leading cause is

the traffic. What kind of driver are you?

Miss Gladys Ward, home management specialist, University

is College of Agriculture, University of California, Berkeley

is our responsibility. It is not that we are not doing every

thing we can help children in accident prevention, every day

parents, his parents and teachers, as well as teachers,

responsibility.

The death toll among school children has not been so

high as it was a few years ago. Every child who

is killed at home, killed at school, killed at work,

way to and from school will have a chance to live.

every day and every night of every year.

at important steps in teaching children to be careful in

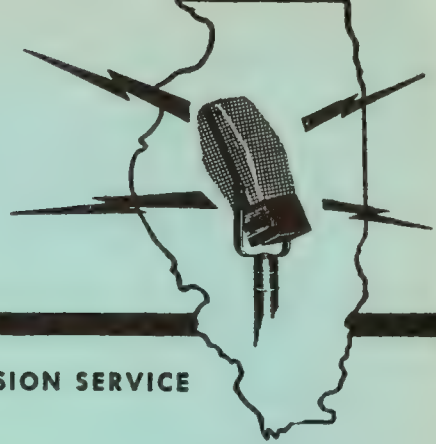
every day.

and Furniture--Wood upholstery should be cleaned regularly.
Use a mild soap, warm water, and a soft brush. Rubbing
with a stiff brush will damage the fabric. Use a
vacuum for sitting surfaces.

Whether you use a brush or a vacuum cleaner, be sure all
the furniture--upholstery, drapes, etc.--is cleaned
the front, back and underneath.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 29, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are cabbage, topped carrots, tomatoes, beets, squash, cucumbers, apples, Concord grapes by the basket, and Bartlett pears.

If you do not have to watch your budget too closely, you'll be interested in lettuce, celery, Tokay grapes, cranberries, sweet potatoes, and cauliflower.

This information comes from Professor Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from the various areas of the state.

Keep Breakfast Menus Interesting, says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. The first meal of the day should have as much variety as other meals.

Different fruits, cereals, breads, and meat and eggs should make their appearance regularly. Different methods of preparation and attractive service tricks will help keep these everyday foods interesting and appetizing.

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Copyright 1934 by Radio News, Inc.

THE RADIO NEWS

Published weekly by Radio News, Inc., 1000 Broadway, New York, N. Y.

Subscription price, \$2.00 per year in advance. Single copies, 10 cents. Payment in advance. All communications should be addressed to Radio News, Inc., 1000 Broadway, New York, N. Y.

Entered as Second-Class Matter, May 1, 1934, under Post Office No. 1000, New York, N. Y., Post Office of Origin. Acceptance for mailing at special rate of postage provided for in Act of October 3, 1917, authorized on July 1, 1934. Postage paid at New York, N. Y.

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Fashions in Slip Covers

URBANA--There are fashions in slip covers just as there are fashions in wearing apparel. This season up-to-date slip covers have that smooth, streamlined, well-fitted appearance, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Before you select the material for slip covers, decide on the result you wish to accomplish. Do you want the slip covers to harmonize the decorative scheme of the room, or to add a new accent to old furnishings. Do you want them to substitute for upholstery, or to protect the permanent covering?

Slip-cover materials come in a wide range of colors, textures, designs and weaves. Look for them at dress goods counters as well as in upholstery departments. Firmly woven materials without much sizing make the best slip covers. They keep their shape, tailor well and are easy to work with.

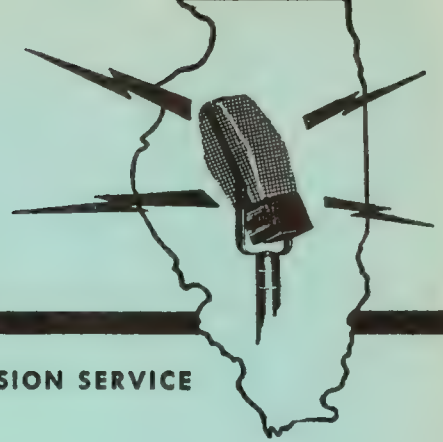
Whether to select a plain or patterned material is an individual problem. The answer depends on how much design there is in the room, the size of the furniture to be covered, and the size of the room. If the walls and rugs have distinct patterns, it is wisest to choose plain materials or indistinct patterns for slip covers.

Large rooms and large pieces of furniture need materials that are rich in color and sturdy in construction and design. On the other hand, small rooms are most attractive when plain or small-patterned fabrics are used.

Check the material for information about shrinkage. The beauty of a slip cover is largely dependent on good fit. Use pre-shrunk fabrics--ones that carry a percentage shrinkage guarantee--or shrink washable material before you cut the slip covers.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 30, 1949

Moth-Eaten Sweaters--Don't Throw Them Away

URBANA--If you've unpacked your wool sweaters only to find that they are moth-eaten, don't throw them away. Look them over carefully--you may be able to make a playsuit, dress, or coat for your child.

"Treat knit material as if it were yard goods," says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. "Pay attention to the grain of the knit as you do to that of cloth."

Carefully mend sweaters to prevent runs in washing. Wash and block. Dye the material before blocking if the color looks dull and old, or if it is not suitable for the use you have in mind.

Cut old knitwear just as you would other material. Washings and wear mat knit goods, so some won't ravel readily. Cut around pattern pieces as usual. Stay-stitch right through the pattern, and when you're finished, just tear the pattern from the sweater.

Save some part of the old sweater for seam finishing. Ravel the yarn, wind it around a small jar, and steam or wet it thoroughly. When dry, the yarn will be straight.

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Moth-Eaten Sweaters--2

The kind of seam you use depends on the knit and the garment. If the knit is heavy for seaming, machine-stitch the cut edges and cover them with single crochet. Then join the edges by simple overhanding or crochet. With lightweight materials, plain seams can often be used if they are finished securely. Cover with blanket stitching or single crochet.

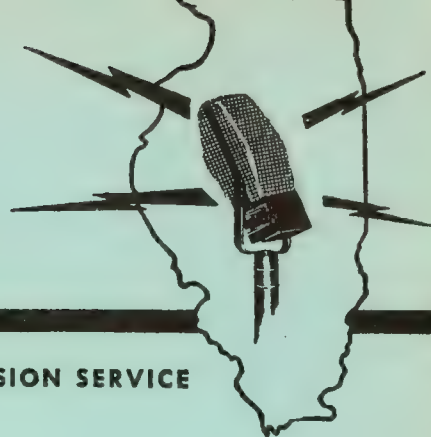
Save the cuffs or the ribbed band of the old sweater, and use it in the new garment--for cuffs, collars, or front bands of coats.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 1, 1949

After School Pick-Up--Milk Drink Good Choice

URBANA--After-school appetites deserve attention, says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. A milk drink is a fine choice. It is satisfying and yet not hearty enough to dull the dinner appetite.

Milk drinks should be attractive in appearance as well as in flavor if children are to be enthusiastic about them. Just reminding them that "milk is our most perfect food" or that "milk is good for them" has little appeal. By planning ahead and using a bit of ingenuity, you can prepare milk drinks that will rival those served at the near-by soda fountain.

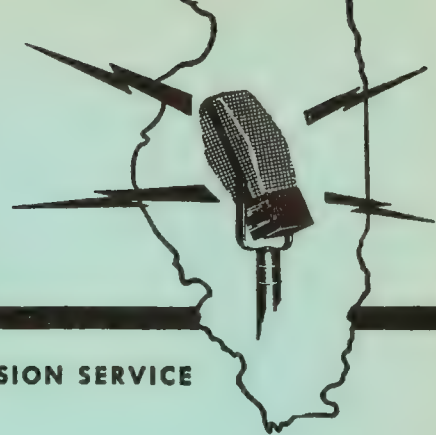
Eggnog has long been a favorite milk drink. Make it by mixing an egg, one teaspoon of sugar, a few drops of vanilla, a dash of cinnamon or nutmeg and a glass of whole milk. Vary the flavor by adding a portion of malted milk or fruit juices--fresh or canned. Occasionally use honey or brown sugar as the sweetening agent.

Malted milk can be made at home with the equipment you have at hand. Use a mason jar, an egg beater, or an electric mixer to blend the ingredients. Mix two tablespoons--approximately--of ice cream, 3/4 cup of milk, 2 tablespoons of malted milk, and from 2 to 3 tablespoons of chocolate syrup.

Milk drinks served in tall glasses with straws appeal to the "young fry." A red cherry, a slice of orange, a sprig of mint add color and tend to make the beverage more interesting.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 3, 1949

Corduroy and Velveteen--Eye-Catchers This Fall

URBANA--Corduroy and velveteen have captured the eyes of fashion-minded home sewers this fall: corduroy for children's play togs or daughter's college suit; velveteen for smart weskits, ties, or dress trimmings.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, advises you to be sure the pattern you select is suited to velveteen or corduroy.

Choose a rather tailored pattern, Miss Carl says. The fabric should run up and down--not crosswise. Avoid sharply pressed pleats and a large amount of fullness or gathers.

Remember to allow extra yardage when buying velveteen or corduroy for home sewing. The direction of the pile must be matched, requiring extra material.

Usually this information is printed on the pattern packet or instruction sheet, so study it before ordering the material.

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9-28-49

WILLIAMSON & COMPANY, CHICAGO, ILL.

WILLIAMSON & COMPANY, CHICAGO, ILL.

WILLIAMSON & COMPANY, CHICAGO, ILL. have captured the eyes of
Chicago home owners with their new radio sets, a high
quality radio set, which is a real beauty.

Miss Mary Bell, residing in Chicago, Illinois, of
agricultural, which has to be the best and most
of its value to the owner.

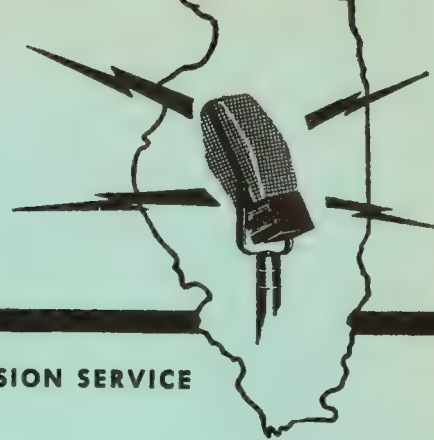
There is a radio set, which is a real beauty, and
which can be used in many ways, and which is a real
and a large amount of money to the owner.

Remember to call your dealer when you are interested in
the new radio set. The location of the radio set is
a real beauty.

WILLIAMSON & COMPANY, CHICAGO, ILL. is a real beauty
and a large amount of money to the owner.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 4, 1949

Pork--Your Meal Planning Helper

URBANA--Crisp fall days call for a goodly supply of meat for your meals. October's plentiful pork supply lends a helping hand--an inexpensive, nutritious, and tasty one.

Sleeter Bull, professor of meats, University of Illinois College of Agriculture, suggests that you try a boston butt for your fall meals.

"Fresh boston makes a good, economical roast," Professor Bull says. "It contains only a small amount of bone and just enough fat to suit most people."

Bostons are sold fresh or cured and smoked, with bone in or boneless. Of all pork cuts, bostons have the most lean--84 percent. They contain only 11 percent fat and 5 percent bone, with no rind. A pound serves about four people.

Cured boston is excellent for roasting and slicing cold. It is high-priced but contains no bone and no excess fat.

Remember that fresh pork should always be thoroughly cooked.

A meat thermometer is especially recommended for cooking pork roasts. The cooked lean of fresh pork should be grayish white without even a tinge of pink.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 5, 1949

"Pile Fabric-Favorites" Need Special Care

URBANA--Those corduroy and velveteen weskits, skirts, or dresses you added to your wardrobe this fall need a special technique to retain their original loveliness.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says that steaming, rather than pressing, is the key to good-looking pile fabrics.

A method of home steaming that Miss Gray recommends is this easy one: Use four bricks--two on either side--to block the iron upside down so that both hands will be free to manipulate the material. Blocks should be high enough to allow the iron handle and cord to clear the table or work surface. Other objects may be used instead of the bricks, provided they will not burn.

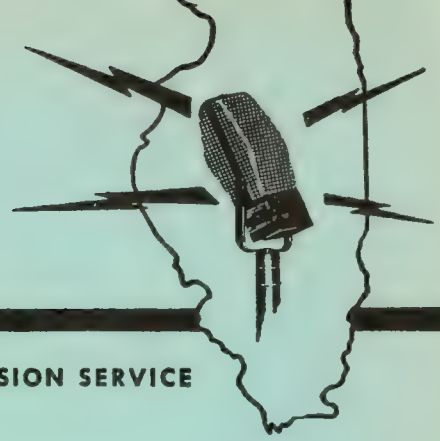
Set the iron at medium heat--about the temperature for ironing rayon--and cover with a damp cloth. Use a piece of terry cloth--a wash cloth is a good size--or other material that will produce plenty of steam.

Hold the material to be steamed--wrong side down--close to the steaming cloth. Keep it in this position until the steam comes through freely.

Remove the press cloth from the iron. Turn the material so that the wrong side is next to the iron, and draw it across the warm iron, raising the pile of the material.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 6, 1949

Best Buys This Week--Fresh Fruits and Vegetables

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--are midwest apples, cabbage, topped carrots, peppers, squash, tomatoes, and spinach.

If you do not have to watch your budget too closely, you'll be interested in green beans, celery, onions, sweet potatoes, Concord grapes, and pears.

This information comes from Professor Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from the various areas of the state.

IF YOU'RE USING PULLET EGGS, you'll need to do a bit of altering in the recipes you use. In a standard baked custard recipe, for example, which requires 3 eggs, use 4 pullet eggs. In a main dish of creamed or scrambled eggs which requires 6 regular-sized eggs, add a seventh of the small-sized eggs.

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Serve Picnics in Many Ways

URBANA--Picnics (also called picnic hams) may be a good buy at your local market during this time of pork plenty.

Sleeter Bull, professor of meats, University of Illinois College of Agriculture, reminds you that you can serve them in many ways.

Picnics are sold either fresh or cured and smoked. Sometimes pork steaks are sliced from the fresh picnic for frying. Other times the entire picnic is roasted. Cured picnics usually are "tenderized" in the smokehouse and should be roasted.

Compare price and quality of picnics and hams at your local market. Which cut will fit your needs better? Perhaps a picnic would be a better buy than a ham.

Picnics usually sell for a little less than hams. The picnic, however, contains slightly less edible meat than ham. A pound of picnic, with the bone in, makes one and a half to two servings. A pound of ham, however, usually makes two to three servings.

Also what meat there is on the picnic is less desirable than ham, and the picnic is more difficult to carve.

If you would like more information about pork, ask your home adviser for the bulletin, "Pork for Your Table," or write to the University of Illinois College of Agriculture, Urbana.

There is no doubt that the information provided is accurate.

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Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 7, 1949

Kieffer Pears--Choice for Canning

URBANA--Kieffer pears are coming to market from our own midwest orchards and from Colorado. Most of the crop is good quality, and the fruit is priced attractively.

"Let Kieffer pears ripen before you use them," says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. They are very firm when they are ready for picking, and two or three weeks are required between picking and canning for them to ripen. If used before they are ripe, the product will be poor in flavor and texture.

Store them at room temperature--60 to 65° F.--and do not attempt to hurry the ripening process. Check them frequently after about 10 days or two weeks to determine the stage of ripeness. When they begin to soften--lose their firm, hard texture--they will be right for eating out of hand or for canning or preserving.

To prepare Kieffers for canning, wash and peel or not as you wish. The best part of the pear lies next to the skin, and many homemakers prefer to can them unpeeled. Cut them into halves and remove the cores. Be sure to cut the core deeply enough to remove

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Kieffer Pears Call for Special Attention--2

most of the "stone cells" near the core. These cells never soften completely during cooking and tend to give the fruit a "gritty" taste.

Work with small amounts of the fruit at one time, and carry the processing through promptly in order to prevent discoloration. Boil the prepared fruit in thin or medium syrup from four to eight minutes according to the size and softness of the fruit.

Pack hot into the containers and cover with the boiling syrup, leaving approximately one inch of head space. Process immediately in your hot-water bath. Allow 20 minutes' processing time for pint and quart jars and for No. 2 or No. 3 cans. Begin counting the processing time when the water reaches a vigorous boil.

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Fall Check-Up--For Your Vacuum Cleaner

URBANA--Check your vacuum cleaner well ahead of your fall cleaning campaign, suggests Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. Unless it is in "apple pie" order, it will not clean efficiently and you'll waste both time and energy. If necessary, have a trained service man check it and make the repairs.

Be sure the nozzle of the cleaner makes a good seal with the rug. Some nozzles adjust automatically to rugs of different thicknesses. Others must be adjusted by hand or by foot. Start the motor to test the nozzle adjustment--the suction should pull the carpet up against the cleaner nozzle.

Check the brushes and replace them if necessary. Bristles wear down in time, and unless they are long enough to sweep the rug, they are of no value. On most cleaners the brushes can be adjusted from two to five times. To test for proper brush length, hold the machine with the nozzle part up, and place a stiff piece of cardboard across the nozzle. The bristles should come just above the edge of the card--about 1/32 of an inch.

The belt that turns the rotating roll is an important part of the cleaner. Check it for tightness and examine it for wear. Give special attention to the connection. If the belt is very loose or worn, have it replaced.

Follow the manufacturer's directions for oiling the motor and other parts. Some motors need no oiling, while others require regular oiling in order to operate efficiently. On some cleaners the oiling may have to be done by a service man.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 8, 1949

Tasty Meat Dish--Pork and Peanut Butter

URBANA--Two October plentifuls--pork and peanut butter--join forces to give a hearty meat dish that's nutritious and full of flavor.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, reminds you that peanut butter is an excellent way to supplement your growing child's protein and energy needs.

A concentrated source of protein, pork is also outstanding in thiamine content. Thiamine is necessary not only for growth but also for releasing energy from starches and sugars.

The pork a la peanut butter dish is Baked Pork Chops--easy to make and tasty too.

BAKED PORK CHOPS

4 loin or shoulder chops
Salt, pepper, flour

2 med. onions, minced
2 c. hot water
6 T. peanut butter

Season on both sides and roll in flour. Brown well in a skillet. Put in casserole. Add minced onions. Gradually blend hot water into peanut butter, and pour over chops. Cover and bake in medium oven--375 degrees for 45 minutes.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 10, 1949

Fire Prevention Week--Check Electric Cords

URBANA--Have you checked your electric cords lately? Are they in perfect condition--an asset to your home? Or are they frayed and loose, inviting fire or serious shock?

Fire Prevention Week is a good time to check for such hazards in the home, advises Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. One in ten fires of known causes is of electrical origin.

Some safety rules to follow to prevent fires and home accidents are:

Keep a cord away from heat and water. Don't run cords under rugs; they'll get unnecessary wear and trip people. Wear may make them dangerous.

Never handle a cord with wet hands. Handle a wet cord only with a thick pad of dry cloth.

Put cords away free from kinks, knots, or sharp bends, Miss Ward says. Store them in a clean, dry and cool place. If you put cords in a drawer, be sure there's nothing in the drawer to cut the cord covering.

Be sure to employ a skilled electrician to repair or extend wiring when this is necessary. Do not use improper fuses. An overload of current may heat the wire to the point of starting a fire. Be sure your fuses are of correct amperage for the circuits--15 amperes usually are right.

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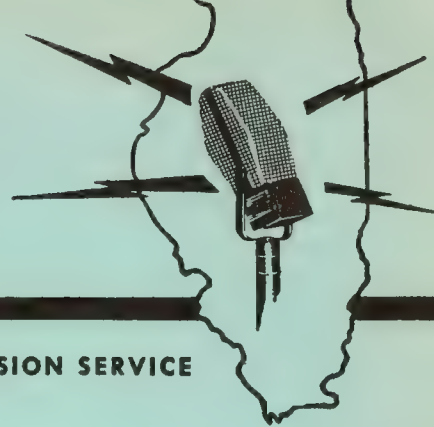
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 11, 1949

Does Your Winter Coat Need a New Lining?

URBANA--Check your winter coat now to see if the lining needs to be replaced. It is easy to reline it yourself if you take time to do careful work, say clothing specialists at the University of Illinois College of Agriculture.

Use the old lining as a pattern for making the new one. Before you rip out the old lining, use thread or chalk to mark notches on sleeves and armholes to be matched when setting in the new lining. Also, mark points on the sleeve lining where elbow fullness begins and ends.

Now you're set to rip out the old lining. Be careful not to cut, tear or stretch it at the seams. Mark all the darts. Press the best sleeve and front, and the whole back.

Lay out the lining pieces in a space 39 inches wide to estimate the yardage needed. Allow for a 1-inch pleat down center back. Usually twice the coat length plus the sleeve length is ample for a straight coat. However, it is safest to measure from the old lining for exact yardage.

Complete directions and illustrations for doing the relining job are included in the bulletin, "Put a New Lining in Your Old Coat." Ask your home adviser for it, or write to the College of Agriculture, University of Illinois, Urbana.

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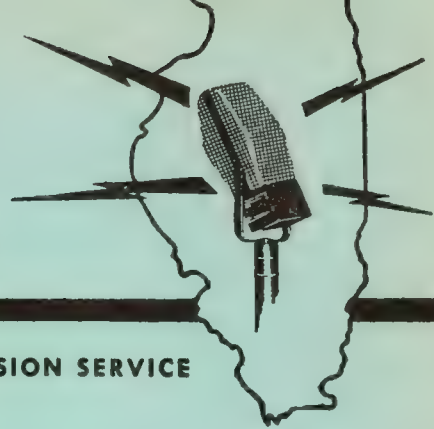
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 12, 1949

Bargains at Fish Counters--Be Sure to Check

URBANA--Fish and seafood counters are listing excellent buys this week. Quality is good and prices are moderate for a number of varieties. Select according to family preference and pocketbook.

Fish and seafood call for special care in the cooking, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. There are only a few basic methods to master, and variety is obtained mainly by using different sauces and seasonings.

Cook the fish or seafood quickly and for as short a time as possible. The protein of the fish sets quickly at a temperature much below the boiling point of water. Cooking too long, or at a temperature higher than necessary, ruins the texture and flavor of the fish.

Save any juices formed during the cooking. They carry much of the flavor and some of the nutritive value. Use them in preparing the sauce to serve with the fish, or add them to soups or creamed and scalloped dishes.

Salt the fish before cooking to bring out the fine flavor. Check cooking time and cooking temperature carefully. Test with a fork--the fish is done when it is tender and separates easily. Fillets require not more than 10 minutes per pound; steaks 1 inch thick, approximately 10 minutes, and steaks 2 inches thick, 15 minutes. If you wrap the fish in parchment or aluminum foil for baking, increase the time by about 5 minutes per pound.

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FOR RELEASE THURSDAY, OCTOBER 13, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are midwest apples, squash, tomatoes, peppers. Moderate to low in price are beets, cabbage, Michigan pears, and western lettuce.

If you do not have to watch your food budget too closely, you'll be interested in spinach, cauliflower, celery and Michigan grapes. Citrus fruits and broccoli continue to be listed in the high-cost brackets.

This information comes from Lee A. Somers, specialist in vegetable crop and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from the principal markets and on special crop reports from the fruit- and vegetable-growing areas throughout the state.

Store Apples Carefully, says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. They keep their crisp quality longer in a cool, moist place. Too warm a temperature will make them mealy and soft.

Keep small quantities in the refrigerator. Store boxes and baskets and other wholesale-sized containers in a cool, well-ventilated cellar or on a sheltered back porch. The cooler the storage place, the better, so long as the temperature does not go below 32° F.

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Fire--Leading Cause of Accidental Death for Children Under Five

URBANA--Fire is the leading cause of accidental death for children under 5 years old. Two thousand of these small children lose their lives by fire each year.

"For Their Sake--Stop Fire," the official poster for Fire Prevention Week--October 9-15--was prompted by these startling facts.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds you to check your home for fire hazards. Don't let your child be one of the 2,000 to die because of carelessness or ignorance on your part.

Check electric appliances for loose connections or short circuits. Open fireplaces should be fully enclosed with a tightly fitting screen.

Be sure curtains or draperies cannot blow over ash trays, electric bulbs, kerosene lamps, gas or candle flames.

Turn the electric iron off, Miss Ward says, even if you leave it for a minute to answer the phone. That minute may lengthen into 10 or 15 minutes. Use the automatic cut-off type, if possible, and put in a safe place to cool.

Don't use inflammable cleaning fluids. Watch your stove-pipes, pipe collars and flues closely for defects. Check your automatic gas water heater regularly. Turn off the non-automatic type before leaving the house.

Don't throw flour, uncooked cereals, or dust from a vacuum cleaner or dustpan into a stove with fire or into a burning incinerator. Dust is explosive; wrap it up and dispose of it safely.

Clean up your cellar, attic, and garage, and keep it in order. Many fires start in waste paper, litter, or rags in your cellar, attic or garage.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 14, 1949

Pork Is Plentiful--Cook to Well-Done Stage

URBANA--Pork is plentiful these October days and is listed at more reasonable prices than in many a day. Whether your choice is roast, steak, or chops, check the cooking time carefully.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that all pork--regardless of cut--should be cooked to the well-done stage. A small percentage of hogs contain the parasite which causes trichinosis if the pork is not cooked well. Thorough cooking makes these parasites harmless--just as pasteurization kills harmful bacteria in milk.

One-half hour of cooking time per pound of pork is a good allowance for hams and other large cuts of pork. To check for doneness, make a small incision next to the bone and also in the thicker part of the meat. Fresh pork cooked to the well-done stage is grayish in color--not pink.

If you are using a thermometer for checking time and temperature, follow the directions to the letter. The gage will indicate the temperature to which pork should be cooked.

The First Rule of Home Fire Safety is to avoid carelessness with flammable materials. This means that we must keep matches away from children. It also means that we ourselves must obey the rules--handle matches carefully and extinguish them before throwing them away.

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Taffy Apples--Let the Young Folks Make Them

URBANA--Ever make taffy apples? They rate high with the younger set, and they are easy to make. Once the taffy or syrup is ready, they can be turned out by the dozen, and quickly. Not-too-young children will enjoy lending a hand.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that the taffy apple venture is a good basis for an after-school party. It can be turned into a money-making project by the Girl or Boy Scouts, 4-H Clubs or members of the Sunday School class.

Select firm ripe apples that are not too large. Be sure they are free from imperfections. Wash and stem and run a wooden skewer into the center of each. Metal skewers tend to discolor the apple and give it an off-flavor.

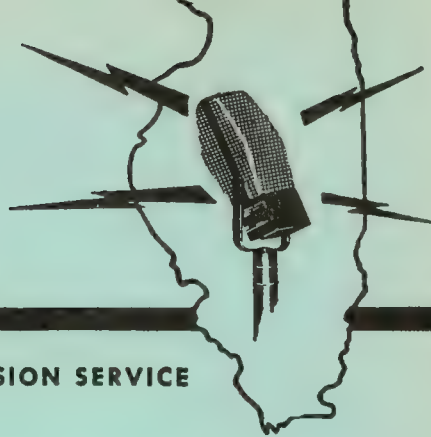
To prepare the syrup or taffy, combine 1 cup granulated sugar, 1 cup brown sugar, 1 tablespoon lemon juice or vinegar, and 1/2 cup hot water. Mix thoroughly and boil to 290° F., or until it cracks when tested in cold water.

Place the syrup over boiling water to keep it hot and to prevent hardening. A double boiler is a good utensil to use. Dip the apples in the syrup, coating each one thoroughly. Stand them on wax paper to cool.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 15, 1949

Fried Oysters--The Oven Way

URBANA--Oysters have a special appeal to busy homemakers because of the ease with which they can be prepared. There is no waste from trimmings; they are entirely edible and easy to serve.

Fried oysters are "first choice" for scores of folks. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests frying them in the oven instead of top-of-stove fashion. You can prepare few or many, according to appetites, and no attention is necessary during the cooking.

Drain the oysters and roll them in seasoned flour. Dip them in slightly beaten egg and roll them in crumbs. Arrange them in a shallow baking pan which has been brushed with salad oil. Sprinkle lightly with salad oil and bake them in a hot oven (400° F.) until lightly browned--10 to 12 minutes, depending on the size of the oysters. Serve with Tartar sauce.

Check cooking time carefully. Cook oysters just long enough to heat them through and leave them plump and tender. Overcooking tends to destroy their delicate, distinctive flavor. To prepare the Tartar sauce the easy way, blend 1 tablespoon each of minced onion, pickles, parsley, and olives with 1/2 cup of mayonnaise. Mix thoroughly and chill.

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Make Every Week Fire Prevention Week

URBANA--Prevent home fires this week and every week this year, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

In the United States, over 16 persons died each day in 1948 from home burns and scalds. This is an increase of 3 percent over 1947.

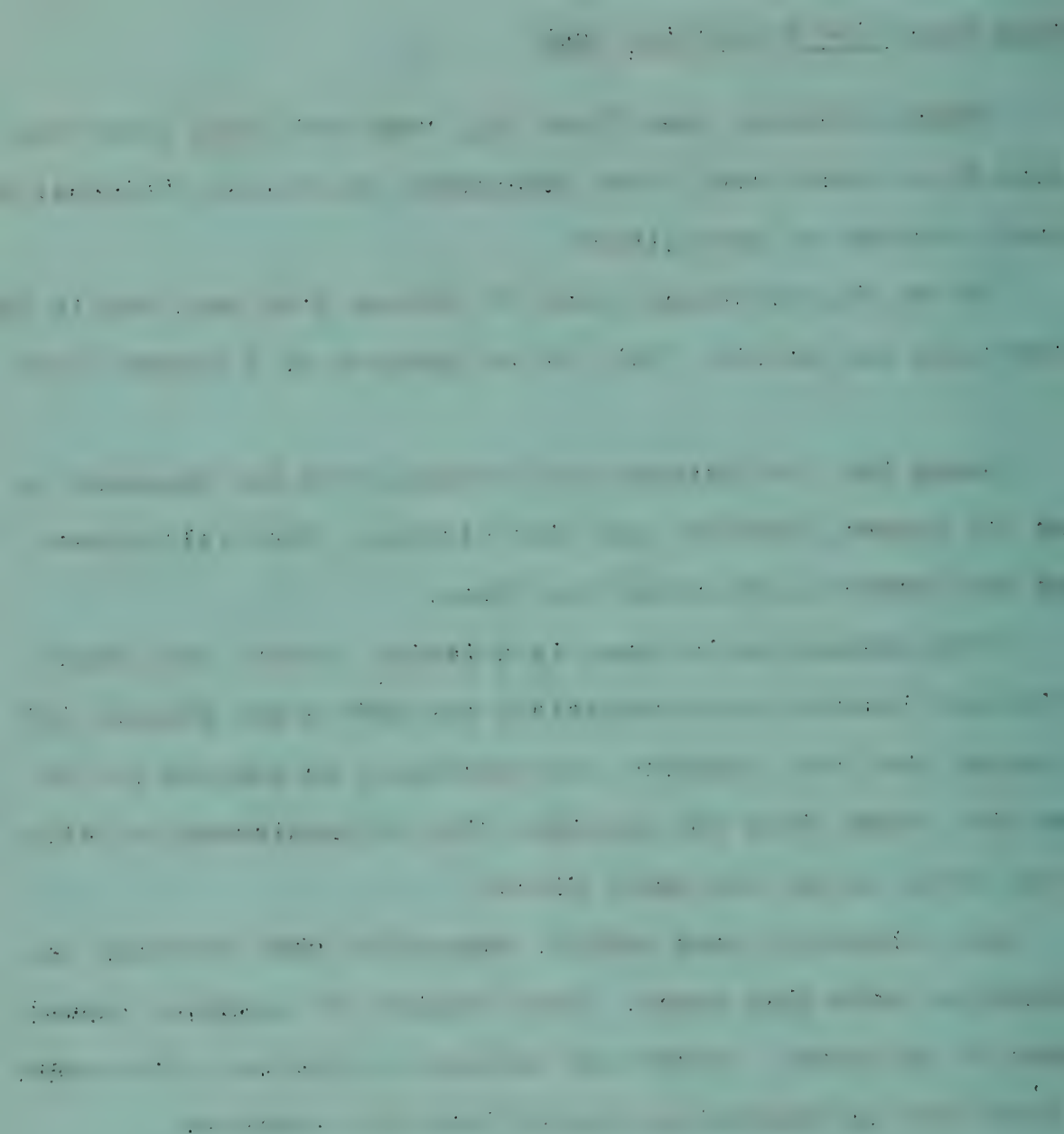
Sweep the fire hazards out of your attic and basement by removing old papers, rubbish, and oily clothes. Good fall house-cleaning can prevent much waste from fires.

Fire prevention in homes is a family affair, Miss Ward adds. Is each lighted match completely out before you discard it? Do you unplug the iron, toaster, and percolator as soon as you're finished with them? Have you provided fire extinguishers, or pails of sand or water to put out small fires?

Let's bake and cook safely, especially when children use the kitchen as their play space. Turn handles of saucepans toward the inside of the stove. Never use kerosene to revive a fire--many deaths from fire and explosions result from this practice.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 17, 1949

Lard--A Friend in Need

URBANA--Pork plenty means lard plenty for October meal planning. The homemaker who watches her food budget closely (and who doesn't?) will find a friend in lard.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, reminds you that lard is an excellent shortening agent.

It is easily workable over a wide range of temperatures, Miss Cook says. And, whether used as shortening or for frying, it adds flavor and richness to foods.

A rich energy-producing food, lard is 97 percent digestible. Inexpensive and plentiful, it can be used as shortening for cakes, for deep fat frying, or for flaky pie crusts. Its versatility makes it a "friend in need" for use in an almost endless number of food dishes.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 18, 1949

Draperies--To Line or Not to Line

URBANA--To line draperies or not to line them is a problem which is giving many homemakers concern this fall. Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says the family pocketbook as well as the window to be curtained should be considered.

Lined draperies are more satisfactory than unlined ones. They hang better, the fabric is protected from fading, and the appearance from the outside is more pleasing. The initial cost, however, is higher than for the unlined.

Unlined draperies are satisfactory if the fabric is selected with care. It should be the same on both sides, and it should give a pleasing effect when the light shines through it. The problem of selection is simplified if the draperies are so hung as not to extend out over the glass panes.

To finish the edges of unlined draperies, first remove the selvages and then mark the width of the hems--side, top, and bottom. It is advisable to make side hems 1 to 1 1/2 inches wide, and top and bottom hems 3 inches wide. Hems of proper width make the draperies hang more gracefully. Stitch the hems by hand or by machine, using a loose tension.

Published by the Mobile News Company, Mobile, Alabama

Subscription price, \$1.00 per year in advance

Published by the Mobile News Company

Mobile, Alabama, is a city of many interesting and beautiful spots. The city is situated on the Mobile River, which is one of the largest rivers in the United States. The city is also known for its beautiful beaches and its rich history. The city is a great place to visit and to live.

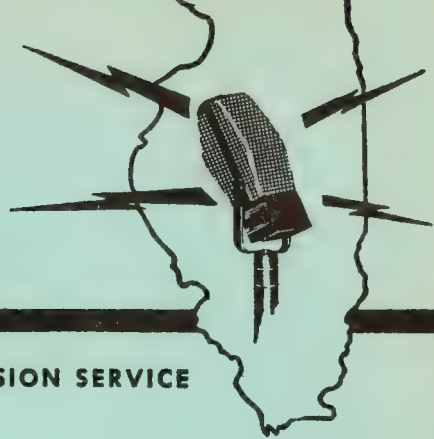
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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 19, 1949

Molasses for Flavoring and for Sweetening

URBANA--One of October's plentiful foods is sweet, iron-rich molasses. It's handy for both cooking and serving and has excellent keeping qualities.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that molasses is good on any kind of wheat cakes, and on waffles and French toast. Children and some grown-ups count it a favorite topping for vanilla ice cream.

Molasses can be used in an almost endless number of ways in food preparation. It adds flavor as well as sweetness to puddings and sauces. Cookies, muffins, and cakes are delicious made with molasses.

Molasses Icebox Cookies are quick to mix and may be baked immediately or stored in the refrigerator and baked as needed. The dough will keep perfectly for several days.

MOLASSES ICEBOX COOKIES

1/2 cup butter or other shortening	1/2 cup molasses
1/2 cup brown sugar	2 cups flour
1 egg, slightly beaten	1/2 teaspoon cream of tartar
1/2 teaspoon vanilla	1/2 teaspoon soda
	1/2 teaspoon salt

Cream butter, add sugar and blend thoroughly. Stir in the beaten egg, then the vanilla and molasses. Sift flour, cream of tartar, salt, and soda together and add to first mixture. (If flour is not sufficient to allow handling, add a little more. Avoid adding so much that it gives the cookies a "bread" consistency. Chilling the mixture before shaping makes it easier to handle.)

Shape the dough into a roll and wrap in wax paper, or pack in a small loaf pan, and place in the refrigerator until firm. Cut into thin slices and bake about 10 minutes in a moderately hot oven--75° F.

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THE NEW YORK TIMES

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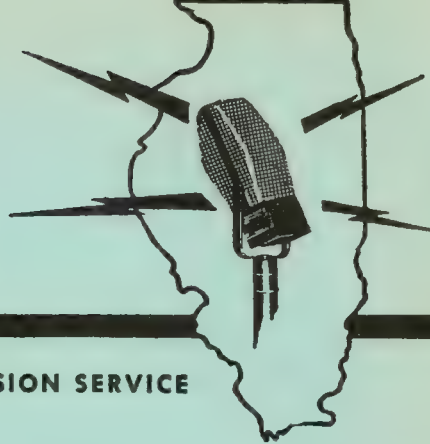
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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 20, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are apples, carrots, cabbage, cauliflower, homegrown greens, snap beans, squash, peppers and local tomatoes.

If you do not have to watch your food budget too closely, you'll be interested in celery, pears, lettuce, Tokay grapes, cranberries, and citrus fruits.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from principal markets and on special reports from fruit- and vegetable-growing areas throughout the state.

Check the Nap on a blanket before you make your purchase, says Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture. To test its durability, pull it gently. A loose nap pulls out easily.

You can detect overlapping by holding the blanket up to the light. If thin places show up, it has been overlapped and will not give the best in service.

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Radio News

WEDNESDAY, JANUARY 12, 1938

10:00 P.M.

THE RADIO NEWS, JANUARY 12, 1938

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THE RADIO NEWS, JANUARY 12, 1938

Wool--Steam as You Press

URBANA--Wool is at its best when steam-pressed, says Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture. A steam iron speeds the job and makes it easier to do, but an ordinary iron can be used satisfactorily.

Use two press cloths, one of wool material and the other of firm cotton or linen. Old fabrics can be used to good advantage, so take stock before you buy new materials.

Spread the wool press cloth over the wrong side of the material you are pressing. Over this lay the second cloth--cotton or linen. Dampen the second cloth with warm water. Set the iron down squarely on the top press cloth, lift it, set it down again, and repeat until you have pressed over the cloth. Avoid leaning or pressing heavily on the iron, and do not slide it over the material.

After you have pressed over the material, remove both press cloths. Beat out the steam left in the wool, using the palms of your hands. Do not press all of the moisture out of the wool, or it will become shiny and limp looking. Hang the pressed garment carefully to dry. Do not wear it until it is completely dry.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 21, 1949

Cauliflower With Cheese Topping--Extra Special

URBANA--Vegetable counters are heaped high with cauliflower these October days. Look for firm, compact heads that are white or creamy-white in color and that have fresh, green leaves. Avoid heads with yellow leaves or a spotted curd.

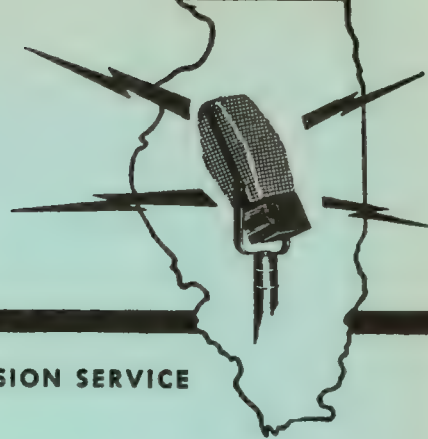
Cook cauliflower quickly and with your eye on the clock, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Use only enough water to do the cooking efficiently. Cover the utensil and cook until barely tender. Adding salt at the start gives a more uniform flavor, but it does tend to darken the vegetable. Most home cooks prefer to add it just before serving.

Sprinkle the cooked cauliflower with grated cheese and then buttered crumbs, and bake to a light brown in a moderately hot oven--375° F. Not more than 10 to 12 minutes is needed. Or, if you prefer, sprinkle the vegetable with grated cheese and send to the table without baking.

Melted butter and paprika, melted butter and minced parsley, or melted butter seasoned with just a trace of onion or garlic can be used to give good flavor to cauliflower. Add the sauce as soon as you drain the cauliflower. In order to blend the flavors, let it stand 3 or 4 minutes before you send it to the table.

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FOR RELEASE SATURDAY, OCTOBER 22, 1949

"Pep-Up" Autumn Meals With Cranberries

URBANA--Bright red cranberries are rolling into market these October days--well ahead of the holiday season. Their color and flavor have a certain way of pepping up autumn meals, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Cranberries are versatile, Miss Cook adds. You can use them as an appetizer, a main-course dish, or for dessert.

Some tasty appetizers are cranberry juice mixed with sweet pineapple juice, cider, or ginger ale. Your dining table will be brightened with such a meal starter.

Readily turned out of a food chopper is this cranberry relish that you can store in your refrigerator for an "unexpected company" meal:

Grind a pound of cranberries and an orange from which the seeds have been removed. Add a cup of sugar and a pinch of salt. This will keep for two or three weeks in a covered jar in the refrigerator.

For variations in sauces, cook cranberries with raisins, chopped prunes or unpeeled orange, or season them with powdered ginger.

Baked apples stuffed with cranberries make an attractive garnish for your meat platter. Fill the cavity of a large baking apple with cranberries. Pour one or two tablespoons of sugar over the berries, and dot with half a teaspoon butter. Bake in a moderate oven (350° F.) until tender.

THE NEW YORK TIMES

FRIDAY, JANUARY 15, 1937

NEW YORK

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 24, 1949

For Better Light--Clean Lamp Shades and Fixtures Often

URBANA--Clean lighting fixtures carefully and often, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. You'll get better light if you do.

Dust overhead lights frequently, says Miss Ward. The job will be easy if you use the dusting brush attachment to your vacuum cleaner.

Wash fixtures and bulbs occasionally in warm water to which a few drops of ammonia have been added. Lay light fixture crystals on a soft cloth, and let dry.

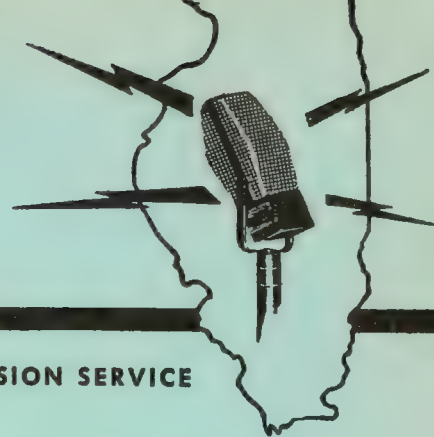
You can use your dusting brush attachment for a thorough and gentle job of cleaning lamp shades too. To clean fine silk shades, it's best to wrap clean cheesecloth around the bristles of the attachment, and brush lightly, Miss Ward says.

Silk shades which are sewed together--not glued--may be washed. Remove ornaments that won't wash, and then gently plunge the shade up and down in soapy water. Brush lightly with a soft brush. Rinse quickly in clear warm water. Pat out the water and dry quickly so that the frames will not rust. Clean ornaments separately, and sew them back on the clean shade.

To wash a parchment shade, use very soft wads of cotton wrung out of mild soapsuds. Use water sparingly.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 25, 1949

Home Sewers--Treat Pile Fabrics Carefully

URBANA--Pile fabrics--velvet, velveteen, and corduroy--need some extraspecial treatment by home sewers, advises Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

"Before cutting, fit the pattern as perfectly as you can so that no stitching or basting lines will have to be ripped out to correct the fit of the garment," Miss Gray says. Any line of stitching will mark the material, so fit the pattern carefully and adjust it before, instead of after, cutting.

Be sure the pile of all the pieces of fabric runs in the same direction. If you run the pile down, the garment will have a neater appearance, because you'll smooth the fabric as you sit down.

Use fine pins when placing the pattern on the material. Or you may want to use weights to hold the pattern down. Glass furniture coasters, paper weights, or other small heavy objects are suitable.

You'll need a longer machine stitch when sewing pile fabrics. Experiment to get the right length and the right pressure on the presser foot.

If you are sure of your pattern, stitch seams as you go. If not, use machine basting wherever you can, says Miss Gray, so that you can press as you go. Hand basting is advisable on parts you know you'll have to fit. You'll save time, and the garment will look better.

Remember to steam-press pile fabrics, using a steam iron or your ordinary iron blocked between bricks and covered with a damp cloth. Hold the material to be steamed wrongside down, close to the steaming cloth. Keep it in this position until the steam comes through freely.

Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 26, 1949

Apple Fritters--A Dessert or Meat-Mate

URBANA--A tasty and economical dish, the result of two plentiful--apples and lard--can serve as dessert or meat-mate for your supper tonight.

Apple fritters--serve them piping hot with meat, or sprinkled with powdered sugar for dessert.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that you use deep-fat frying often when lard is so easy on the budget. And apples are rolling into Illinois markets in huge amounts--team them up for tonight's supper.

APPLE FRITTERS

2 large tart apples	1 egg, slightly beaten
1 c. sifted flour	1/2 c. milk
1 t. baking powder	1 T. shortening, melted
1/2 t. salt	
2 T. sugar	

Mix and sift dry ingredients. Combine egg, milk, and shortening; stir into dry ingredients. Pare, core, and cut apples crosswise into 1/4 inch slices, or cut into eighths. Dip each piece in batter and fry in deep fat (370° F.) for 3 to 4 minutes, or until golden brown. Drain on unglazed paper. Yield: 6 portions.

You can use the batter for other fruits--just increase the milk to three-fourths cup.

Strain the fat in a jar, keep it refrigerated, and use it over again, Miss Armstrong says.

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FOR RELEASE THURSDAY, OCTOBER 27, 1949

Bay Windows Can Be Attractive

URBANA--Bay or recessed windows can add a decorative note to your room. Such windows are more attractive if treated as a unit. says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. The treatment should be in keeping with the type of window.

If the window and the wall beneath are on the same plane, the curtains or draperies may be any length you wish. But if the window is recessed and the sill extends out some distance, or if there is a window seat below the window, a sill-length curtain is usually more satisfactory.

If the windows are separated by a narrow strip or wall, treat them as one unit. Cover the vertical wood trim, especially if it is dark, with the curtains, draperies, or both. A valance or cornice board may be used if the window is high enough.

Consider color, texture, and pattern in selecting the material for the curtains and draperies. The window treatment should harmonize with the other furnishings in the room. If there is considerable pattern in the walls and furnishings, select drapery materials that are plain or that appear plain.

If the walls and furnishings are plain, then patterned draperies may be used to add interest to the room. However, if the draperies are patterned, it is wise to use plain glass curtains.

Radio News

January 1934

My dear Mr. [Name]

Dear Sir,

I have the pleasure to acknowledge the receipt of your letter of the 14th inst. in relation to the matter of the [Name] and to inform you that the same has been forwarded to the proper authorities for their consideration.

Very truly,
[Signature]

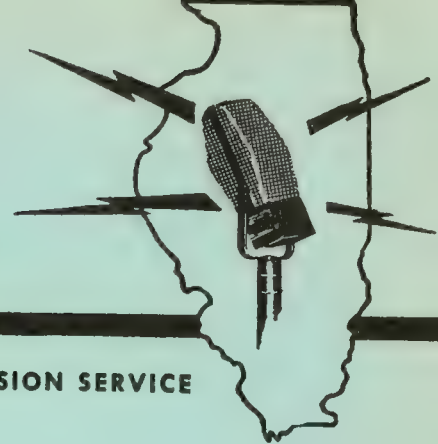
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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 28, 1949

Serve Hot Spiced Cider After Football Games

URBANA--A tasty appetizer for your meals these crisp fall days, or a "warmer-upper" for your high school crowd after football games is spiced cider, served piping hot.

Miss Grace Armstrong, foods specialist, University of Illinois College of Agriculture, suggests this easy drink which adds apple appeal to your fall meals.

To prepare it add 1/3 cup of brown sugar (approximately) to a quart of sweet cider. Tie the spices--1/2 teaspoon allspice, a stick of cinnamon, 6 whole cloves--in a cheesecloth bag, and add to the cider. Simmer until the cider is spiced to taste--about 10 minutes. Serve piping hot with a dash of nutmeg.

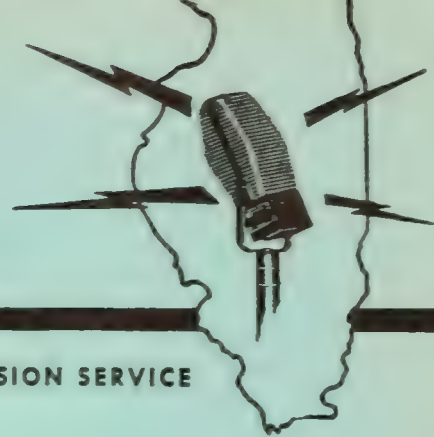
Try more cider tricks--the price is in keeping with everyday pocketbooks. Boiled Cider Applesauce topped with whipped cream is a favorite dessert in New England. Reduce 1 quart of cider one-half by boiling. Add it to 2 quarts of sliced apples and simmer one to two hours. If the cider is sour, add maple sugar or brown sugar to taste.

Sweet cider can be added to mincemeat, to apple butter, and to any number of meat and dessert sauces. Use your standard recipe for Raisin Sauce which you serve with ham. For the liquid use cider instead of water. Ham baked in cider is another favorite.

Cider also adds a good flavor to spice cake. Add it instead of milk and decrease the sugar in the recipe by 1/4 cup if the cider is extrasweet.

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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 29, 1949

Save Money--Buy Apples by the Bushel

URBANA--"Apples by the bushel" is a slogan for thrifty families. You can buy four times the amount of apples for the same price if you buy by the bushel instead of by the pound.

This price comparison comes from R. A. Kelly, fruit and vegetable marketing specialist, University of Illinois College of Agriculture.

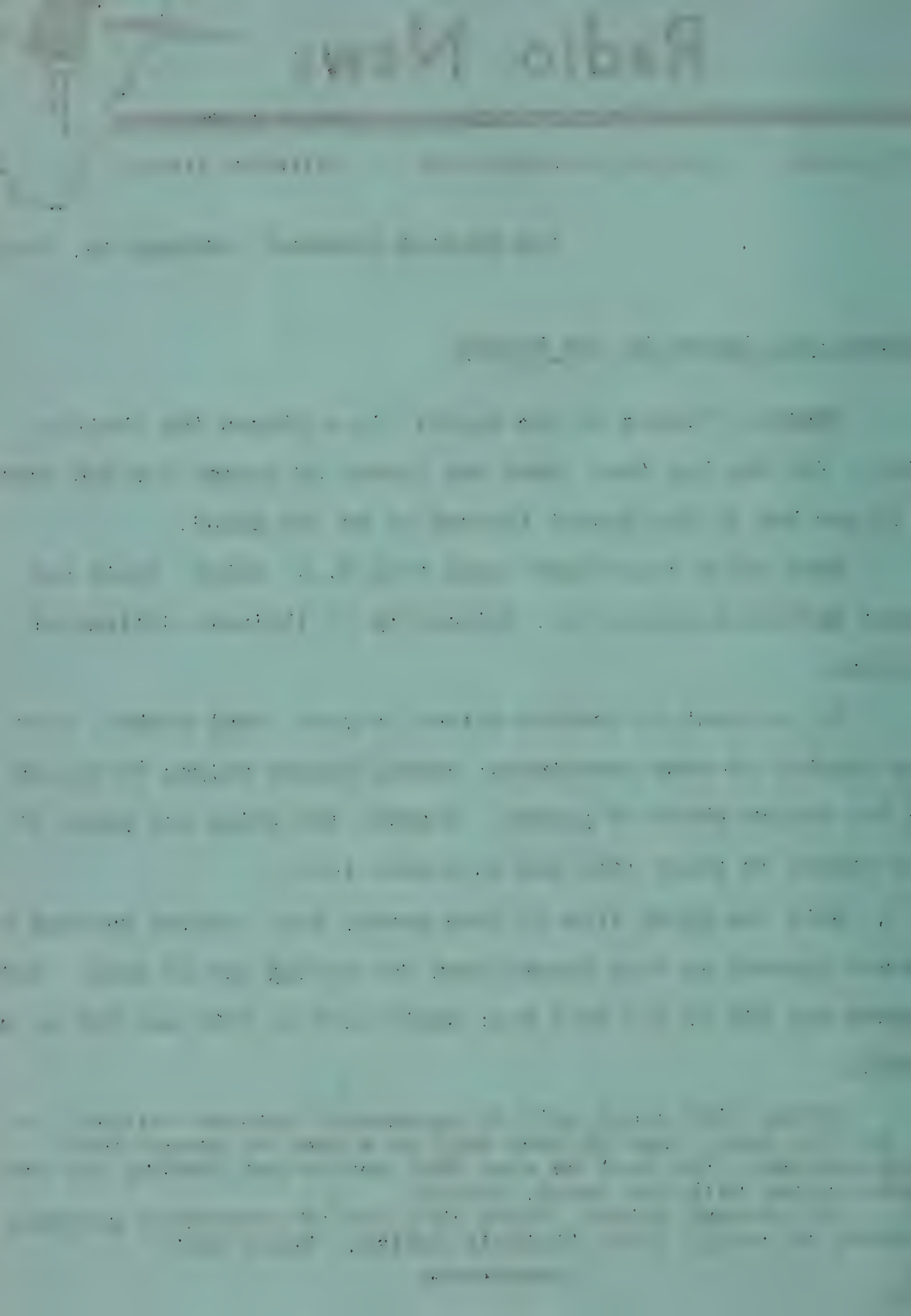
If you want to compare prices in your local market, here are the weights of some containers: Bushel basket weighs 48 pounds net; a box weighs about 44 pounds. Compare the price per pound if you buy apples in pound lots and in bushel lots.

Suit the apple size to your needs, too. Apples packing 88 or less are classed as very large--good for eating out of hand. Medium apples run 138 to 163 to a box; small--175 to 200; and 216 or more, very small.

Apples will store well in basements, outdoor cellars, or pits. In this area, they'll keep well in a shed or garage until freezing weather. You must be sure that you're not storing any rotten apples along with the sound, though.

"At present prices, there is a lot of economical goodness in a bushel of crisp, juicy Illinois apples," Kelly said.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 31, 1949

Golden Honey--Select According to Flavor and Use

URBANA--The honey harvest is in! And although crops have varied this season in different sections, the over-all supply is good. Grocers' shelves throughout the midwest are well stocked, and prices are moderate.

Buy honey according to its flavor and the use you plan to make of it, suggests Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Most grocers stock several different forms of honey--extracted, comb, chunk, and the creamed or finely crystallized honey which is marketed under various trade names.

The flavor of honey depends upon what flower the bee has visited in his search for nectar, so be sure to get the flavor you want. For instance, buckwheat blossoms produce a dark, tart-flavored honey; clover blossoms, on the other hand, give a light mild-flavored honey.

Beekeepers often blend the honeys of two or more flowers in order to produce a variety of flavors. However, most producers label their honey according to the flower--source of nectar--making the selection easy.

Proper storage of honey is very important, and "cool and dry" should be the order. Cold storage will hasten granulation, and honey has the property of absorbing and retaining moisture. Should the honey granulate, you can restore it to the liquid state by heating it over hot water.

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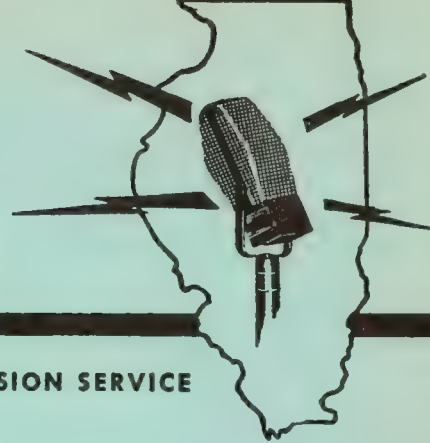
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 1, 1949

Knitted Dresses Are Popular--Call for Special Care

URBANA--Knitted dresses hold an important spot in the fall and winter fashion picture. Quality ones will give good service provided they receive the care they deserve.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that knitted wool fabrics lose their shape more quickly than do woven wool fabrics. They are knitted of one continuous thread and do not have a filling thread that goes over and under warp threads, as in weaving.

Knitted fabrics cannot be brushed satisfactorily. A good plan is to shake the garment gently after each wearing and reshape it as well as possible. Frequent airings are important.

A knitted dress needs to be hung properly too. Improper hanging may pull it out of shape and make it sag. If the garment is closely knitted and there is no excessive bulk in the skirt, the dress can be hung, with the shoulders straight, on a wide-shouldered hanger. However, the skirt should be drawn over the rod of a second hanger.

Another method is to hang the dress over the hanger's cross-bar with the waistline carefully placed on the rod. If the dress is too wide for the hanger, fold it once lengthwise. If a bulge develops at any point, dampen the wool slightly, reshape it and dry it flat.

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Home Calendar

PIKE COUNTY Home Bureau Annual Meeting, Friday, November 4, 10 a.m. at the Clark Theatre, Pittsfield. Mrs. Mary Ligon, assistant state leader, University of Illinois, will speak on "Looking Ahead." Dorothy Stuart, a testing kitchen representative, will give a demonstration in the morning.

A Local Leader Training School will be held Friday, November 11, at 1 p.m. at the Home Economics House, Pittsfield. Miss Geraldine Acker, University of Illinois foods specialist, will give a demonstration on "Selecting and Preparing Beverages."

"Care of the Skin" is the subject of the Local Leader Training School to be held at the Home Economics House in Pittsfield, Friday, November 11, 1:30 p.m. Mrs. Wayne Bruns, New Canton, Illinois, is the speaker.

Mrs. Neil Thurman, Pearl, Illinois, will speak at another Local Leader Training School held at the Home Economics House, Pittsfield, on Friday, November 11, 1:30 p.m. The subject is "Verb Usage."

CMO:lw
10-28-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 2, 1949

Sweet Potatoes for Dessert--Suggestions You'll Like

URBANA--Looking for a tasty dessert? Try Sweet Potato Pone: it is not difficult to make. It can go into the oven along with the roast and needs no attention until serving time. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this recipe.

Sweet Potato Pone (6 servings)

2 cups grated raw sweet potato	Grated rind 1 orange
1 egg, beaten slightly	1/2 teaspoon each ginger and
1/2 cup molasses	cinnamon
1 cup brown sugar	1 teaspoon salt
2 tablespoons melted butter	2 cups milk, scalded

Combine the ingredients in the order given, adding the milk gradually. Turn into a buttered baking dish or individual baking dishes and bake in a slow oven--325° F.--until firm. Allow approximately 1 1/2 hours when the large dish is used, 1/2 hour when individual dishes are used. Serve warm with whole milk or cream.

Hunting Season Is on--Guns Are Dangerous Weapons: About one-fourth of all fatal firearm accidents occur at home. Put firearms away unloaded and dismantled, with all of the ammunition, in a locked chest. Always treat a gun as though it were loaded--until you have proved that it is not. Never aim unless you intend to fire.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 3, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality and supplies--are apples, cabbage, carrots, Michigan celery, squashes, leaf lettuce, and cauliflower.

If you do not have to watch your food budget too closely, you'll be interested in cucumbers, tomatoes, and egg plant.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit-and-vegetable-growing areas throughout the state.

Ladder Safety--Day-by-day house cleaning calls for reaching high spots on walls and windows and in cupboards and closets. Use a ladder tall enough to permit you to stand at least two steps from the top. It is easy to lose your balance when standing on the top step or rung.

Set the ladder where you can reach the object easily from the center of the ladder. Never lean far out to one side--take time to move the ladder over when necessary. Before mounting the ladder, be sure your shoes and the ladder rungs are free from oil, grease, or mud. REMEMBER, ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE!

JEH:lw

Radio News

Published by the Radio News Company, 1000 Broadway, New York, N. Y.

Subscription price, \$5.00 per year in advance.

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You Can Repair That Worn Rug or Carpet

URBANA--You can make minor repairs on a rug or carpet at home, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. Time, patience, and the desire to turn out a professional-looking job are the main ingredients for success.

Study the repair that is required, and check the supplies you'll need. Find out what kinds of mending materials are used by commercial workers and whether or not you can buy them at retail. Study methods and techniques, and do some practice work to develop your skill.

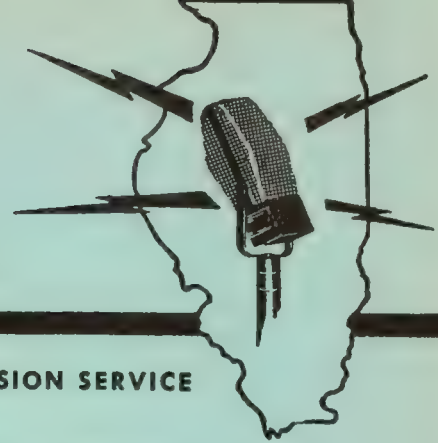
If bare spots in the rug or carpet are to be filled in, you'll need a special kind of yarn. Carpet yarn is the best choice. It is firm, has springiness, and can stand hard wear. Frequently rug and carpet shops and departments stock small supplies of these yarns.

If you are unable to get carpet yarn, then use harsh wool knitting yarn. Match the colors in your rug as nearly as you can, and select a yarn in keeping with the texture of the rug.

If necessary, send to the manufacturer of your rug for mending material. You'll find his name as well as the pattern number, rug quality, and color stamped on the back of the rug. It is important to include this information with your order. As an extra precaution, send a few tufts of each color you need as samples. They can be pulled from scattered places in the selvage without harming the rug.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 4, 1949

Buy Apples According to Your Needs

URBANA--Floods of apples meet us at the market these days. You look at all the shapes and colors and wonder what kind you should buy.

"Each variety is suited for a certain purpose," says R. A. Kelly, fruit and vegetable marketing specialist, University of Illinois College of Agriculture, "so buy according to your needs."

Some varieties are best for eating out of hand; some are especially good bakers. Others are right for cooking. Before you go to market for apples, decide how you're going to use them.

Grimes Golden apples--bright yellow with russet dots--are excellent for eating out of hand and also for salads, desserts, and cooking. Jonathans are extragood for salads, pies, sauce, and baking.

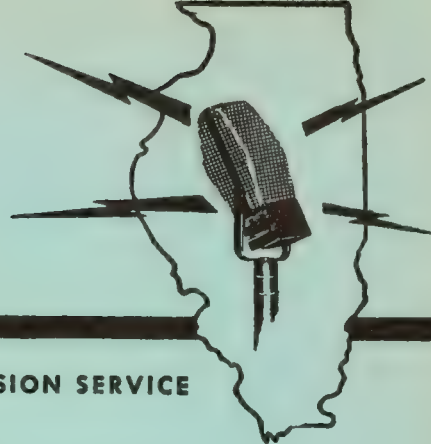
Crisp juicy Baldwins are especially good for pies, sauces, and general baking. They are only fair to good for dessert and salads.

Ben Davis apples are suitable for cooking. Delicious and Golden Delicious are excellent for eating out of hand and for salads.

For general cooking, McIntosh are especially good. They're excellent for dessert and salad too. Rome Beauty and Rhode Island apples are good for pies, sauce, and general baking.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 5, 1949

Plan to Remodel or Repair? Get Bulletins Now

URBANA--Are you making plans for remodeling your house? Or even thinking of small repair jobs you want to do this winter?

Check pamphlets and books for information, and make the entire plan before you start the repair or remodeling work. "You'll avoid trouble and bigger problems later on if you do," says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

Your farm and home advisers have bulletins and other information that can give you help with your building or remodeling jobs. Ask your adviser for suggestions and ideas before you bump into a difficult problem.

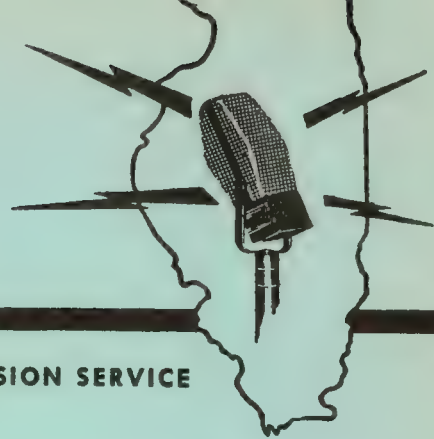
Some bulletins you may find helpful are: "When You Build or Remodel Your Farmhouse," "Basic Farmhouse Plan," "Kitchen Storage Spaces," and "Farm House Improvement Progress Record."

Ask your farm or home adviser for these bulletins today--study them, then make your plans. Or write the College of Agriculture, University of Illinois, Urbana, for suggestions.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 7, 1949

Grain of Material Important--Straighten Before You Sew

URBANA--Make it the rule to check the grain of the material before you place the pattern for cutting, says Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture.

Grain refers to the lengthwise (warp) and crosswise (filling) threads woven together at right angles to form the fabric. For a fabric to be grain-perfect, the lengthwise and crosswise threads must be "on the square" or at right angles to each other.

If the material is not grain-perfect, the fit, smartness, and wearing quality of the finished garment will be affected. So check the material carefully before you cut the garment.

The first step is to straighten the ends of the material. Do this by tearing the material or by pulling a thread and cutting along the thread line. Then check the grain by placing a section of the material against a garment square, or the square corner of the table. If the material is off-grain--lengthwise and crosswise threads not at right angles--it should be straightened.

Pull on the short ends of the material--using a diagonal pull--and work gradually to the long ends. Then recheck the grain. If you are working with wool, cotton, or linen, it may be necessary to dampen it in order to pull it straight.

Use the shrinkage method for dampening. Roll wool in a wet towel or sheet and leave it for about six hours. Then straighten it by pulling and spread it on a flat surface to dry. Moisten cotton or linen and roll it in a dry towel or sheet. Leave for an hour or two; then pull straight and place on a flat surface to dry.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 8, 1949

Look at Your Clothes Closet--Critically...

URBANA--Take a look at your clothes closet--a long critical look. Are there rods and shelves for the different kinds of clothes you have in it? Are shelves or drawers so arranged that no space is wasted?

"Before you look around for additional storage space, question how well the present area is being used," says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

If your closet is shallow, you may increase its convenience by using a carrier-type rod which pulls out. Rods placed at different heights may make it easier to locate the garments and increase usable space.

You can avoid stacking and crowding by adding shelves, trays, or drawers. Trays and drawers are especially helpful when the space is so deep that it would be difficult to reach the back of the shelves.

One recent study, Miss Sullivan said, showed poor storage for shoes. Racks or bags protect shoes and make it easier to clean the closet floor. Racks may also be used for ties, purses, and hats.

Make the maximum use of present storage space--and then, if necessary, look around your home for additional space possibilities.

COK:lw
11-4-49

Published by the Radio News Company, Inc., New York, N. Y.

Subscription price, \$1.00 per year in advance.

THE RADIO NEWS COMPANY, INC.

The Radio News Company, Inc., is a corporation organized under the laws of the State of New York, and has its principal office at 1234 Broadway, New York, N. Y.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 9, 1949

Deep-Fat Frying--Economical and Easy

URBANA--Now is a good time to treat your family to doughnuts, French fried potatoes, or their favorite fritters. Why? Because lard is on the November plentiful list--economical for deep-fat frying.

Some suggestions for deep-fat frying come from Miss Grace Armstrong, foods specialist, University of Illinois College of Agriculture. Temperature of the fat is one of the most important factors in deep-fat frying, Miss Armstrong says. If possible, a thermometer should be used for testing.

If you don't have a thermometer, make the test with an inch cube of bread. Fat at 360 to 380 F. will brown the bread cube in 60 seconds. Fat at 380 to 400 F. will brown the cube of bread in 40 seconds. Do not let the lard smoke. A disagreeable odor and flavor will result because the lard is decomposing when it smokes.

Golden-brown French fried potatoes served hot can add the right touch to your fall meals. Here is how to make them:

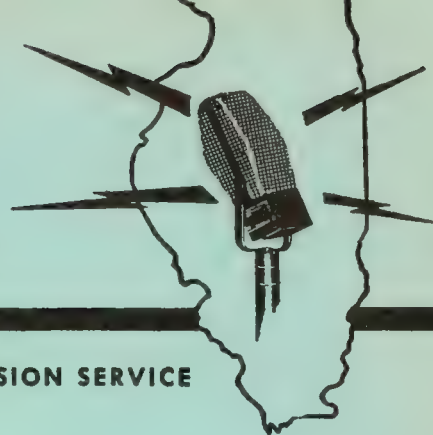
FRENCH FRIED POTATOES

Wash and pare potatoes and cut lengthwise into strips about 3/8 inch thick; soak in cold water 1/2 to 1 hour. Drain, wipe very dry between towels or paper towels, and place just enough in bottom of frying basket or sieve to cover it sparsely. Immerse in hot deep fat (380 F.) and cook 3 to 5 minutes, or until a golden brown, keeping potatoes in motion. Hold basket over kettle for fat to drip; then turn out on absorbent paper to drain. Sprinkle with salt and serve hot. Allow 1 to 2 potatoes per portion.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 10, 1949

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--are Illinois apples, cabbage, onions, Michigan celery, carrots, turnips, winter squash.

For more expensive budgets--tomatoes, cucumbers, peppers, head lettuce.

This information comes from Professor Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers summarizes special reports from the principal markets and special crop reports sent to him direct from the various areas of the state.

WHEN YOU ARE A PEDESTRIAN, REMEMBER: Darkness greatly increases danger for pedestrians. Almost three-fourths of those killed in accidents between 5 and 8 p.m. are killed during the time of year when these hours are dark. With the days getting shorter, let's be more careful. Let's make it the rule to watch traffic and to wait our turn. ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE!

JEH:lw

Cranberries for Dessert--Here Are Suggestions

URBANA--Have you served cranberries for dessert? They are good teammates for a number of other fruits, and their brilliant color and tart flavor lend interest aplenty.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends Cranberry-Apple Pie. Use about one-half as many berries as sliced apples, and chop them coarsely before you combine them with the sliced apples. Sweeten the filling to taste, and bake in a pastry shell. Top with strips of pastry--making a lattice top--or bake in an open shell and top with meringue just before serving.

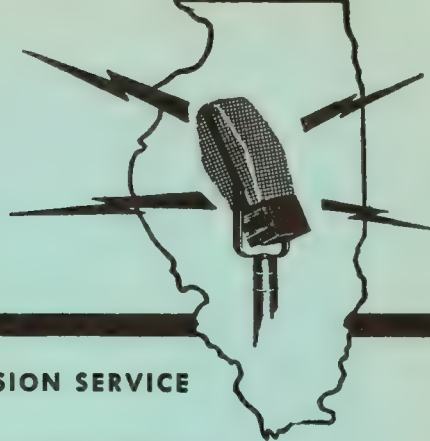
Another dessert idea combines cranberries with pears. Cook the cranberries, adding only enough sugar to sweeten to taste. Chill them and serve over cooked or canned pear halves. Grated cheese sprinkled over each serving gives a good flavor contrast.

Buy cranberries carefully and give attention to storage methods. The best berries are firm, plump, and fresh looking, and they have a high luster. Color and size make little difference in quality. Cranberries need a dry atmosphere and a temperature that is quite uniform. Excessive heat is not conducive to good keeping, and they should not be moved quickly from cold to warm temperatures.

If you want cranberry jelly that "sets" and sauce that "jells" without the addition of pectin, make your supply soon. Acid and pectin are necessary, and in the proper balance and quality for jelly. The berries ripen in storage and tend to lose some of their jelly-making properties.

Homemaking

Radio News



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FOR RELEASE FRIDAY, NOVEMBER 11, 1949

Use Weeds or Branches in Your Table Decoration

URBANA--Dry weeds, leaves, and branches don't look very decorative in your backyard, but you can combine them into smart table decorations. Here are some suggestions from Miss Kathryn Weesner, home economics instructor, University of Illinois College of Agriculture.

Some ingredients for attractive arrangements are twigs, weeds, branches, grasses, and leaves of any shape or color. "When you look for these ingredients," Miss Weesner says, "try to get something different. Locust pods, Osage orange (hedge apples), pine cones, and different kinds of grasses and weeds add interest in color and texture."

Some rules to remember to get attractive arrangements are: Don't get too many items in the grouping; avoid a "salt-and-pepper" effect--group things together to give striking color and interesting texture.

Vary the types of ingredients, but don't get too many kinds of things into the arrangement either. You don't want it to look like a weed patch.

To avoid a "spindly" look when you use long thin branches or weeds, place leaves around the base, Miss Weesner suggests.

Don't gilt or paint the leaves, twigs, grasses or branches. They have an attractive gradation of color naturally. Use them "as is."

Rugged pottery, baskets, or woven trays are good containers when you use weeds, branches, or twigs. Delicate glass containers are right for small berries or fine grasses.

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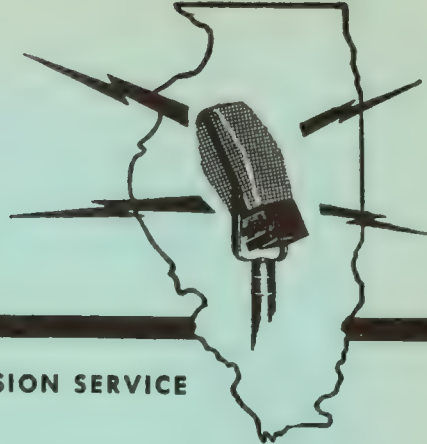
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FOR RELEASE SATURDAY, NOVEMBER 12, 1949

Apple Recipe May Win Prize

URBANA--Apples--besides being plentiful, inexpensive and tasty this season--may bring you a \$50 prize.

The Illinois Apple-Peach Institute is conducting a contest for the largest number of recipe and nonrecipe uses for apples. Mr. James Cummins, Dix, secretary of the organization, announced that the contest is open to any women's club or group. The group sending the largest number of apple uses will receive a \$50 prize. Second prize is \$30; third, \$10; and there are five \$2 prizes.

Nonrecipe uses for apples, Mr. Cummins explained, would be use in games, table decorations, etc. These nonrecipe uses would be included in deciding which group had the largest number of entries.

The contest opened October 29 and will close December 10. You can get entry blanks from Mr. Cummins at Dix, Illinois.

Storage of Apples--Apples should not be stored in the same room with onions, cheese and other products that give off odors. If you keep apples in your garage or shed, watch the thermometer closely. Apples that have been frozen are rarely worth eating. Examine for freezing injury by checking a cross-section of the fruit. A brown discoloration in the center of the apple is evidence of freezing damage.

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Radio News

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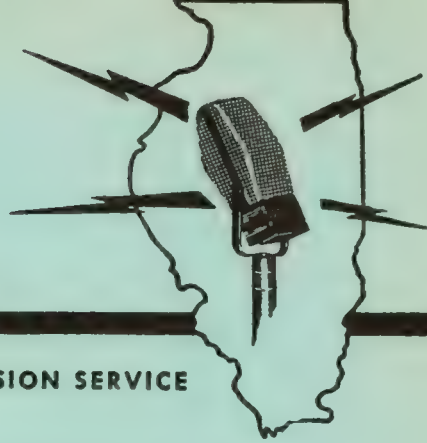
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Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 14, 1949

Check Machine Thoroughly Before You Sew

URBANA--Be sure to check your sewing machine thoroughly before you stitch, says Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture. Unbalanced tensions or incorrect threading can cause trouble aplenty.

Check the threading first. One general rule which applies to all machines is: Thread should run from the spool to the upper tension, to the thread take-up, and then to the needle. Be sure the bobbin is threaded correctly and in the right position in the case.

Test the machine stitch on a piece of the material you intend to sew. Fold the material and stitch on the straight of the grain; then examine the stitch carefully on both sides of the material. If the stitch is not the same on both sides, the tension must be adjusted. Remember that it is easier to adjust the upper tension than the lower one.

Learn the parts of the upper tension and the purpose of each part before adjusting. Note that a screw with a spring around it holds two metal discs flat. The spool thread passes between these discs, and the speed with which it passes through is regulated by tightening or loosening the screw.

Radio News

Published by the Radio News Company, Inc., New York, N. Y.

Vol. 1, No. 1, January 1, 1929

THE RADIO NEWS COMPANY

UNION - The union of the two great powers of the world, the United States and the Soviet Union, is a subject of great interest to the people of both countries. The union of the two great powers of the world, the United States and the Soviet Union, is a subject of great interest to the people of both countries.

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Check Machine Thoroughly Before You Sew - 2

If the stitching is flat on the top--loops of bobbin thread showing and the top thread straight--the upper tension is too tight. Loosen the tension by turning the screw so that it is further out from the head of the machine. Repeat the test on the material. If it is not correct, continue to adjust the tension by turning the screw slightly, checking the stitch after each adjustment.

If the stitching is flat on the bottom--loops of the upper thread showing and the lower or bobbin thread straight--the upper tension is too loose and should be tightened. Tighten the tension by turning the screw so that it is closer to the machine head. This pushes the tension discs closer together, slowing the speed of the thread as it passes through the tension. Check the stitch and continue the adjustment as needed.

Good stitching means serviceable and good looking garments. If tensions are unbalanced, seams tend to pucker or draw, causing stitches to break. Or, if the tension is too loose, the threads will not lock perfectly and the seam will not hold.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 15, 1949

Patterns Call for Study--Check Before You Fit Them

URBANA--Patterns call for careful study, says Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture. Understanding the pattern--knowing how it goes together--will speed home sewing.

Every pattern carries a construction chart. Study it carefully and learn what the pattern markings mean. The amount of seam allowance is listed. Placement of darts, pleats, and gathers is indicated. Locate the markings that indicate correct grain or straight-of-grain of the material. This is especially important to the fit and appearance of the garment.

Remember that patterns are made for average figures. If you have figure irregularities, you will need to adjust or alter the pattern. Check your body measurements and compare them with the measurements of the pattern pieces. Fit the pattern before you place it on the material.

To fit the pattern, pin all darts, pleats, pockets and seams in place, being careful to take the full seam allowance. Try on the pattern and note any alterations that are necessary. After fitting, remove all pins so that the piece is as flat as it was originally. Then you are ready to make the alterations.

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FOR RELEASE ON RECEIPT

Home Calendar

Lee county--Home Bureau annual meeting, Tuesday, November 15, 9:30 a.m.-3:30 p.m., Methodist Church, Dixon, Illinois. This is the 20th anniversary of the organization. Lead speaker for the afternoon is Mrs. Blanche Rafferty, Fulton county, homemaker and child development and family relations specialist.

DeWitt county--Home Bureau annual meeting, Tuesday, November 15, 10 a.m. Clinton Methodist Church. Miss Gladys Skelley, home-making editor, Prairie Farmer, is scheduled to speak.

Livingston county--Annual County Handcraft and Hobby Show, Friday, November 18, Pontiac Armory, 10:00 a.m.-9:30 p.m. Home Bureau units, school and other community groups and individual hobbyists have been invited to exhibit.

McDonough county--Home Bureau Handicraft Fair, Friday, November 18, 10:00 a.m.-3:30 p.m., Presbyterian Church, Macomb, Illinois. Theme for the occasion is "Ye Old Time Street Fair." Features of the day include an apron parade and demonstrations of interesting handicrafts.

Perry county--Metalcraft Training School, Monday, November 21, 9:00 a.m.-3:00 p.m., Home Bureau Office, Pinckneyville, Illinois. Miss Vera Burris, county program chairman, will be in charge of the meeting.

Kendall county--Harvest Festival--Rural Chorus program and pageant on Stephen Foster's life and songs, Monday, November 21, Yorkville High School, 8 p.m. A King and Queen contest will be staged. Mr. and Mrs. Kendall county will be selected for participation in church, community, county, and state organizations.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 16, 1949

Freeze Apple Pie for Future Use

URBANA--If you have some of that plentiful apple supply on hand and some extra time right now, you might want to freeze apple pies for future use. Ready to pop into the oven, these pies will be handy when your day is extrabusy or you get unexpected guests for dinner.

"Freezing apple pie is advisable if you have ample freezer space," says Dr. Frances Van Duyne, foods and nutrition specialist, University of Illinois College of Agriculture. "In our experiments we've found that Jonathan, Stayman, Willowtwig and Winesap apples can be frozen satisfactorily. Jonathans are especially good for 'apple pie freezing,'" Dr. Van Duyne added.

Apple pies may be baked either before or after they are frozen. A pie baked after it is frozen is more like one that has been freshly prepared and baked, and less time is needed to prepare it for freezing. But a pie that is baked and then frozen takes less time to prepare later.

Use your standard recipe for apple pie. Select only ingredients of the best quality. For pie to be frozen before baking, the

THE NEW YORK TIMES

The New York Times, in its editorial, says that the radio industry is "a new and important factor in the life of the nation." It says that the radio industry is "a new and important factor in the life of the nation." It says that the radio industry is "a new and important factor in the life of the nation."

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Freeze Apple Pie for Future Use - 2

apple slices should be blanched in steam for three minutes, cooled in running water, and drained before being placed in the bottom crust. Use a little more flour to thicken the juice, and do not prick the top crust. Invert a second plate (which may be cardboard) over top of pie, and heat-seal in cellophane. Wrap and freeze immediately. To serve, remove cellophane and top plate. Place pie in hot oven (450° F.) for 20 minutes. After 10 minutes prick top crust with a fork. Reduce oven temperature to 350° F. and bake 50 minutes longer, or until apples are cooked. Cool and serve.

If the pie is to be baked and then frozen, cool it thoroughly after baking. For wrapping, the pie can be left in the glass or metal pie plate or transferred to a cardboard plate. Cover with a cardboard plate the same size as the underplate, and heat-seal in cellophane or metal foil. Use a hair curling iron or a wooden block and a warm flat iron for sealing. Wrap in ordinary wrapping paper and freeze immediately. To serve, unwrap the pie and remove the cellophane. Place pie in oven at 425° F. for 20 to 30 minutes. Leave plate over top to prevent further browning of top crust. Cool and serve.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 17, 1949

Best Buys This Week--Fresh Fruit and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable markets this week--considering prices, quality, and supplies--are apples, cabbage, turnips, celery, onions, squash, and topped carrots. Apples head the list of "good buys" in every market in the midwest.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, head lettuce, and green beans.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

Daily Care of Woolens is important because it eliminates too frequent pressing and cleaning, which weaken the wool fabric in time. The right kind of hangers will add to the life of your woolen garment. Wide-shouldered hangers which will allow the garment to hang in natural folds should be used for suits and coats. Suit hangers for men should have trouser bars large enough in diameter to avoid a horizontal crease across the garment. Hanging from the cuffs is an even better way to retain the proper crease. A skirt hanger that holds the skirt by the band, letting it hang straight, eliminates creases. Wooden or covered hangers for women's and children's dresses should be sufficiently thick and wide to extend across the shoulders to both sleeve seams so that the garment will hang evenly.

Leather Gloves Are Easy to Keep Clean

URBANA--Keeping your leather gloves clean this season needn't be a difficult or expensive job. All gloves made of leather and tanned in the United States are washable.

This glove news comes from Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. The chemicals used in chrome tanning make it possible to wash capeskin, pigskin, chamois, doeskin, and even mocha gloves, she says.

Here are directions for washing leather gloves: Wash in lukewarm soapy water or in a solution made of a synthetic detergent especially for leather gloves. All gloves except doeskin should be washed on the hands. Doeskin is washed in the hands, like hoisery or lingerie. Rub the gloves gently.

Rinse in water which has just a little suds in it to help restore some of the natural oils to the leather. Or, if a synthetic detergent is used, rinse in clear water. Roll the gloves off the hands after rinsing, and place on a Turkish towel. Press the water out; never squeeze or twist the gloves.

To keep the fingers from sticking together, blow into the gloves. If convenient, stuff tissue paper into the fingers. Or you can use a glove dryer, Miss Gray says. Be sure the size is right: do not stretch the gloves on too large a dryer.

Dry all gloves away from heat. Dry white doeskin gloves away from sunlight. The doeskin yellows if exposed to bright light. Before the gloves are completely dry, put them on to shape them to your hand.

One precaution: If your gloves have already been dry cleaned, it is too late to wash them. In cleaning, much of the natural oil is removed, leaving the gloves stiff and dry.

Homemaking

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FOR RELEASE FRIDAY, NOVEMBER 18, 1949

Toys--Inexpensive and Easy to Make at Home

URBANA--Why don't you make a toy for your child? Homemade toys can be as satisfying and attractive to your child as the most expensive playthings. And often the homemade toys are more appreciated, especially when your child shares in the making.

You need very little money to supply your child with suitable toys. They can be made from common, inexpensive materials, most of which can be picked up around the farm and home. The tools that will be needed are not expensive or unusual either.

A University of Illinois circular, "Toys That Can Be Made at Home," gives directions for 27 easy-to-make toys. Some of them are a cheese-box car, a clock movement tractor, a block boat, a garage and a gliding box.

To make a gliding box, all you need is a 5-pound cheese box, 4 furniture glides, 2 pieces of wood $3/4$ " x $1-1/8$ " x $3-5/8$ " (for reinforcement blocks), a screw eye, a shoestring, and some nails. Here's how to make it:

Fasten reinforcement blocks in each corner of the cheese box. Carefully sand all surfaces and edges of the box, and reinforce it with small nails wherever necessary. Insert a screw eye in one end of the box. Fasten furniture glides on the reinforcement blocks. Enamel the edge of the box in a contrasting color--and you have an inexpensive toy your child will enjoy.

If you want more information about "Toys That Can Be Made at Home," wrote the University of Illinois College of Agriculture, Urbana, Illinois.

COK:lw
11-14-49

Published weekly, except on Sundays and public holidays.

Subscription price, 10/- per annum in advance.

Advertisements accepted on application.

Printed and Published by the Proprietor, at the "Radio News" Press, 10, Abchurch Lane, London, E.C. 4.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 19, 1949

How to Buy That Thanksgiving Turkey

URBANA--If you're thinking of that luscious Thanksgiving dinner, you may be counting turkeys instead of sheep in your sleep these days. And you have good reason--there are 41 million gobblers on the market this year--the second largest crop in history. Prices are reasonable and the quality is excellent--you'll have good picking.

Buying that gobbler needn't be difficult if you follow these how-to-buy tips suggested by Mrs. Glenna Lamkin, foods instructor, University of Illinois College of Agriculture.

"Grade is marked on few individual birds in retail stores, and size does not necessarily indicate the age or tenderness of a turkey. Therefore in choosing a bird you must know what to look for,"

Mrs. Lamkin says.

Look for a bird that has clean, waxy skin without bruises or discolorations. Choose a generally plump bird which has a broad breast. Streaks of fat under the skin indicate a good bird. A flexible keel bone is the mark of a young bird.

Size of the bird you buy depends on the number of people you'll have around that Thanksgiving table. Buy one-half pound of ready-to-cook turkey per serving. For example, an 8- to 10-pound ready-to-cook bird will give 16 to 20 servings. The number of servings you get will depend on the quality of the turkey, correct roasting, and carving skill.

If your Thanksgiving dinner is going to be a small affair, perhaps you can buy half a turkey at your local market. If you can't get half and a whole turkey is too large, maybe you can "team up" with your next-door neighbor; buy a whole turkey, and divide it.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 21, 1949

Treat That Turkey Right

URBANA--Treat that turkey right when you get it home from the market. That old saying, "a bird in the hand is worth two in the bush," won't be true unless you do.

Here are some suggestions from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture: If you buy a dressed turkey, keep it at 36 degrees temperature until it's ready to cook. Unless you're going to use it within a day or two, it should be frozen.

When it comes to thawing the bird, the best place for the job is the refrigerator. Take the wrappings off the frozen turkey, and cover it loosely with waxed paper. It will take about 2 days to thaw a large frozen whole bird, and at least overnight for a small bird, half or quarter bird.

You may want to prepare the stuffing ahead of Thanksgiving Day to avoid a last-minute rush. If you do, be sure to store it in the refrigerator until you use it. Or, if you want to stuff the bird ahead of time, cool the stuffing first, then stuff the turkey and refrigerate it. The meat will absorb more of the dressing flavor if it is stuffed ahead of time.

Miss Cook suggests these proportions for dry stuffings: For every pound of bird, use 1 cup of crumbs. If the bird weighs 10 pounds or less, subtract 1 cup from the total. If the bird weighs more than 10 pounds, subtract 2 cups from the total. Ordinarily a 1-pound loaf of white bread 2 or 3 days old makes about 4 cups, or 1 quart, of light fluffy crumbs without crust.

Do not pack the stuffing too tightly, Miss Cook warns. Stuffing swells as it cooks. If you stuff the cavity too tightly, you'll have a soggy dressing.

THE NEW YORK TIMES

1934

THE NEW YORK TIMES
PUBLISHED DAILY
EXCEPT SUNDAYS AND HOLIDAYS
5 CENTS
Subscription Price \$5.00 per Annum in Advance
Single Copies 5 Cents
Entered as Second-Class Matter, May 1, 1879
Post Office at New York, N. Y., and Mails Paid at New York, N. Y.
Acceptance for mailing at Special Rate of Postage provided for in Act of October 3, 1917
Authorized by Act of October 3, 1917
Copyright, 1934, by The New York Times Company
Printed at the Times Building, 15 N. 9th St., New York, N. Y.
No. 10,000

Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 22, 1949

"Quick and Easy" Table Centerpiece for Thanksgiving

URBANA--Float a single chrysanthemum pompon in a bowl for your Thanksgiving table centerpiece.

All eyes are on the table Thanksgiving day--so you'll want an attractive arrangement. And because you'll be busy preparing for that big dinner, you'll want a centerpiece that's quick and easy to make.

"Mums are attractive and rich in color," says Miss Kathryn Weesner, home economics instructor, University of Illinois College of Agriculture. "You can float the pompon in a bowl of pottery, glass, metal, or wood. A yellow or bronze mum in a copper bowl makes an effective combination."

Or why not vegetables for a centerpiece? Squash, corn, small pumpkins, artichokes, eggplant, and carrots are some vegetables which have unusual color and texture. Fruit combinations can be equally pleasing.

Maybe you've never thought about using those decorative figurines you have around the house. Little wooden horses or other small animals can be used effectively with many things.

If you picked some leaves, hedge apples, or bittersweet this fall, you can use it in many ways too. Pine cones, evergreen, and popcorn are some other possibilities. Or you can use a blooming plant--an African violet, for example. Use a full plant and one that has attractive leaves or flowers, Miss Weesner says.

Remember that your table centerpieces should be low enough not to annoy people; they should be able to see each other over it. And of course it's important not to let the arrangement interfere with the service.

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FOR RELEASE WEDNESDAY, NOVEMBER 23, 1949

Stuff That Half Turkey

URBANA--You can roast a half turkey with stuffing. The way to do it is to hold the stuffing in the cavity with brown paper, or mound it on heavy paper in the roasting rack, and roast the bird over the stuffing.

Many grocers and meat dealers are featuring half turkeys--sized to meet your needs and your pocketbook too. Halved lengthwise, the half turkey gives you a good selection of white and dark meat and your choice of wing, thigh, breast or leg.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, gives directions on how to roast half a turkey.

First, tie the tail and leg of the half bird together by stitching with clean wrapping cord through the skin at the end of the leg and then through the meat of the tail. An upholsterer's needle is good to use for the stitching. Place the bird cut side up. Sew the loose skin at the neck so that it forms a pocket. Salt the pocket and fill it loosely with stuffing. Then salt and stuff the body cavity.

Your next step, Miss Cook says, is to cut heavy paper and place it over the stuffing. Lace cord across the paper, catching the skin on each side. Or you can mound the stuffing into the shape of the cavity on heavy paper on the roasting rack, and place the bird over the stuffing.

Rub the skin of the bird with fat. Then roast it at 300° F., stuffing side down, on a rack in a shallow open pan. Do not use water. Roast 1 1/2 hours; then baste with drippings. Continue basting every 45 minutes until done. Half a turkey weighing 7 to 9 pounds takes 4 1/2 to 5 hours to cook, a larger bird takes longer.

To test for doneness, move drumstick or wing up and down. If the joint gives readily or breaks, the turkey is done. Or press fleshy part of meat with your fingers, protected with a cloth or paper. If turkey is done, the meat feels soft.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 24, 1949

Best Buys This Week--Fresh Fruit and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, quality, and supplies--are midwest apples, Florida oranges, turnips, topped carrots, squash, onions, and Chinese cabbage.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, green beans, cauliflower, and head lettuce.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

SOME HONEY TRICKS--Measure honey in greased cups or spoons. Honey is so thick that it drains slowly from a measuring cup. If you're making a cake, measure the fat first, and then use the same cup for honey. Better textured cakes result when only half the sugar in a recipe is replaced with honey. Reduce the liquid one-fourth cup for each cup of honey used. Omit vanilla in honey cakes: the flavor is better without it.

COK:lw
11-21-49

That Hallway May Be Closet Space

URBANA--That hallway may give you additional storage space. If it's wide, a closet can be built along one wall. Sometimes one end of the hallway can be enclosed, and the closet can be opened into both an adjoining room and the hallway.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, today suggested some ways to get additional storage. "These patterns for additional closet space have been used by homemakers throughout the state of Illinois," Miss Sullivan said. "Some closets made use of hallway space: others hid ugly chimneys or water pipes."

If a room is large enough, a closet strip may be added to serve two rooms, one room and a hall, or only one room. Usually closets which project into the room are unattractive in appearance and make furniture arrangement difficult.

If yours is a story-and-a-half house with sloping ceilings, you could build storage along the low wall, suggests Miss Sullivan. If there is a window in such a wall, or a dormer window, you may have closets built on either side. A dressing table or desk may be built directly in front of the window. This same pattern may be used in the living room around a window or fireplace. Open shelves are often used in the upper part of the unit, and enclosed storage is built in the lower part.

If there is an exposed chimney in the room, you may want to build a closet around it. These closets may be as shallow as the chimney or deeper, as you wish. Following the same principle, you may want to hide some water pipes and get storage space at the same time.

Homemaking

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FOR RELEASE FRIDAY, NOVEMBER 25, 1949

Make Some Tests "Over-the-Counter"

URBANA--Test for yarn slippage next time you buy fabric for home sewing. When the yarns in a fabric shift easily, a small amount of wear may be expected. The fabric may pull out at seams, tucks and darts.

To make this "over-the-counter" test, place a corner or edge of the fabric between the thumb and forefinger of each hand, with the thumbs on the top side and the tips 1/8 to 1/4 inch apart. Exert a steady pressure on the area between the thumbs. If the yarns slide or shift easily, the fabric is not likely to wear long.

Miss Florence King, clothing specialist, University of Illinois College of Agriculture, suggests a few simple "over-the-counter" tests which will determine the serviceability of fabrics.

"Give the shopping problem some thought before you start," Miss King says. And ask yourself these questions: What type of fabric do I want for the use I plan to make of it? Do I want it to wear a long time or only a short time? Will it get hard wear or relatively light wear? Is it to be laundered or dry cleaned?

Another "over-the-counter" test you can make is for starch filling. Some fabrics carry an excessive amount. When they are laundered or dry-cleaned, the filling is removed, leaving a material much lighter in weight and having a porous appearance.

To test for an excessive amount of starch filling, rub a corner of the material between the hands as though you were laundering it. See whether starch rubs out. The limpness of the area, in comparison to the unrubbed fabric, will indicate what to expect of the material after it has been washed or dry cleaned and the filling removed.

30K:lw
11-21-49

A WEEKLY PUBLICATION OF THE RADIO NEWS COMPANY

Vol. 1, No. 1, January 1, 1922

The Radio News

The Radio News is a weekly publication of the Radio News Company, which is a subsidiary of the Radio News Company. The Radio News Company is a corporation organized under the laws of the State of New York, and has its principal office at 1234 Broadway, New York City, N. Y.

The Radio News is published weekly, except on Sundays and public holidays, and is distributed free of charge to all subscribers. The Radio News is a publication of the Radio News Company, which is a subsidiary of the Radio News Company.

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FOR RELEASE SATURDAY, NOVEMBER 26, 1949

Oyster Stew--For Sunday Night Supper

URBANA--Old-fashioned oyster stew is a happy choice for Sunday night supper. You can have it ready to serve quickly, and very little other food is needed to satisfy even hearty appetites.

Check cooking time and temperature carefully if you want the stew to be top quality, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Oysters, to be at their best, should be cooked at low temperature and only until the edges begin to curl. Cooking at temperatures that are too high or for too long a period of time tends to make oysters tough and stringy.

One pint of oysters for each quart of whole milk is a good proportion to use. Vary it as you wish, depending on the family budget and appetites. Put the oysters, the strained oyster liquor, butter, and seasonings--salt, pepper, paprika--into a saucepan. Simmer gently over low heat until the edges of the oysters begin to curl.

At the same time heat the milk, being careful not to scorch it. Use your double boiler or improvise one by placing a smaller kettle inside a larger one. Keep the temperature low, and do not let the milk boil.

Add the hot milk to the oysters and the oyster liquor, and serve at once. If you are serving a number of guests, it is wise to heat the oysters as you need them. They will become tough and tasteless if allowed to "wait" after they are heated.

Many good cooks follow the plan of combining the oysters and the liquor with the milk as they serve. They measure the individual portions of oysters into the serving bowls, add the milk and send to the table pronto.

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Radio News

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THE FOLLOWING ARE THE RESULTS OF THE SURVEY:

THE RADIO LISTENERS' SURVEY

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 28, 1949

Velvet Fabrics--Check Nap or "Pile" Before You Cut

URBANA--Determine the direction of the nap or "pile" on velvet before you cut it, advises Miss Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture. It is important that the pattern be placed correctly in relation to the nap.

To determine the direction of the nap, run your hand lengthwise of the fabric. The "smooth" direction of the pile is the direction of the nap. In cutting garments out of velvet with a "raised" pile or nap, place the pattern so that the nap runs upward. This gives the appearance of depth to the fabric.

In panne velvet, with flat pile or nap, place the pattern so that the nap runs downward. This gives the flat, smooth look which is characteristic of this particular kind of velvet.

To avoid confusion in placing the pattern on the material and in cutting, indicate the direction of the nap by marking it with chalk on the wrong side of the material. However, in cutting, it is advisable to place the material nap side up on the cutting table. Needles instead of pins should be used for pinning the fabric.

Velvet should never be folded. Instead it should be rolled loosely on a cardboard roll. If the fabric should have "fold" wrinkles in it, try hanging it over a line or rod in the bathroom--nap side up--and turn on the hot water to create steam. "Fold" wrinkles will usually disappear under such treatment. This is also an excellent way to remove wrinkles caused by packing a garment.

JEH:lw
11-23-49

Radio News

Radio News is a weekly publication of the Radio News Service, Inc., 1000 Broadway, New York, N. Y.

Subscription price, \$5.00 per year in advance.

Special Feature: The Radio News Service

The Radio News Service is a unique organization that provides a comprehensive service to the radio industry. It is the only organization of its kind in the world, and it is the only one that is not a profit-making enterprise. The service is a non-profit organization, and its sole purpose is to provide a comprehensive service to the radio industry. The service is a unique organization that provides a comprehensive service to the radio industry. It is the only organization of its kind in the world, and it is the only one that is not a profit-making enterprise. The service is a non-profit organization, and its sole purpose is to provide a comprehensive service to the radio industry.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 29, 1949

Christmas Shop With Your Freezer

URBANA--"Your home freezer can help you Christmas shop," says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture. You can freeze yeast rolls, candy, cookies, or pies now--to avoid last minute worries about plenty of gifts to go around.

If you are noted for making especially good pies or rolls, prepare those for gifts. Your friends will doubly appreciate them. Don't forget to include the recipe with the gift, Miss Cook says. The cook in the family may want to try it.

And include directions on how to serve--thawing and reheating, if necessary. Freeze the cake, cookies, or rolls in a gift container--that will make it a complete gift.

Let your friends know if you're giving them one of your specialties for Christmas breakfast or dinner--so they won't prepare for it. You might add a note to a Christmas card; tell them their gift is in the freezer.

Here is how to make yeast rolls which you can freeze before or after baking.

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44. *Chrysomelidae* (10 spp.)

Christmas Shop With Your Freezer--add 1

YEAST ROLLS

2 c scalded milk	2 eggs
2 cakes compressed yeast	6 Tb melted fat
1 t sugar and 1 Tb water	6 c all-purpose flour
4 Tb sugar	(or enough to make a
3 t salt	smooth, soft dough)

Scald milk and cook until lukewarm. Crumble yeast into a cup or small bowl, add 1 teaspoon of sugar and 1 tablespoon of lukewarm water and blend. Put 4 tablespoons of sugar and 3 teaspoons of salt in a large mixing bowl, add the cooled milk, the blended yeast, and 3 cups of flour. Beat thoroughly until smooth. Add beaten eggs and melted fat (not hot). Mix in well. Add more flour to make a soft dough. Turn dough out lightly on a floured board and knead until smooth and soft but not sticky. Put in greased bowl and brush with melted shortening.

Cover the dough and let it rise in a warm place (82 - 86 F.) free from drafts, until double in bulk (2 to 2 1/2 hours). After dough has risen, punch it down gently, shape as desired, and place in greased pan. Brush tops with melted shortening.

For rolls baked before freezing, allow shaped rolls to rise in a warm place until they have doubled in bulk (about 1 hour). Bake in a hot oven (400 - 425 F.) for about 15 to 20 minutes. Cool and package in cellophane or metal foil and seal with heat. Freeze at once. To serve, thaw rolls by reheating them in their wrapping for 15 minutes in a hot oven (400 F.).

For rolls frozen before baking, place the shaped rolls close together in a shallow pan. Wrap the whole pan immediately in cellophane or foil and heat-seal. Be sure to freeze at once, Miss Cook says. To serve, let the rolls thaw and rise in a warm place until light (2 to 2 1/2 hours). Bake in a hot oven (400 to 425 F.) for 15 to 20 minutes.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 30, 1949

Book Suggestions for Christmas

URBANA--Selecting books as Christmas gifts needn't be a difficult or tiresome job. Make it interesting and enjoyable--try to fit the book to the person.

A University of Illinois bulletin, "Books for Pleasure and Profit," contains book suggestions for various age groups and interests. Publishers and prices are listed too.

If you are selecting a book for a girl between 6 and 10 years old, one suggestion is "Miss Hickory" by Caroline Sherwin Bailey. This is the story of an imaginary hickory-nut doll and her animal friends. Miss Hickory seems a very real and lively person to little girls because it is so realistically written. Publisher is the Viking Press in 1947.

Robert St. John is the author of "The Silent People Speak," one book in the People Everywhere classification. This book opens the doors and windows of Yugoslavia to show a happy busy people, trying to adjust their problems. This book is published by Doubleday.

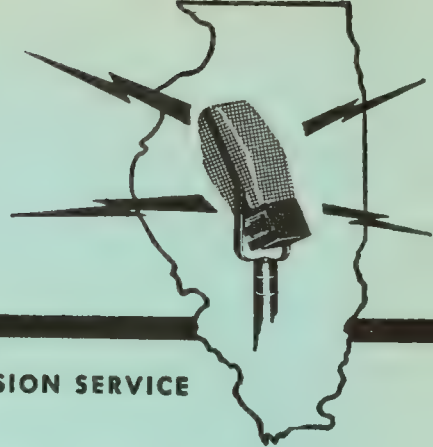
Books about People in the U.S.A. are also listed. One suggestion is "Valley Below," by Alice Lee Marriott. This is a true story of the experiences of the author and a friend who bought an adobe house near Santa Fe. It is a story of the whole valley and its people which makes witty and informal reading.

If you would like a copy of the bulletin "Books for Pleasure and Profit," write the University of Illinois College of Agriculture, Urbana. Please enclose a 3-cent stamp for mailing.

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FOR RELEASE THURSDAY, DECEMBER 1, 1949

Best Buys This Week--Fresh Fruit and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, quality, and supplies--are apples, cabbage, squash, topped carrots, turnips, dry onions, and Chinese cabbage.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, broccoli, egg plant, and cucumbers.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit and vegetable growing areas throughout the state.

How-to-Buy Tips--Cabbage can be expensive even if it's

plentiful--if you pay no attention to its careful selection. Look for well-trimmed, reasonably solid heads that are heavy for their size and show no discolored veins. Chinese cabbage (or celery cabbage) is used principally for salads. Firm, fresh, and well blanched are watchwords for buying this long, oval-shaped cabbage.

How to Retain Corduroy "Good Looks"

URBANA--Be sure to wash each corduroy garment separately, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. Separate washing is important because the color might run a little, and also because lint clings to corduroy and is difficult to get off after it has dried on.

Whether corduroy garments are play togs or "dress-up" clothes, you'll want to treat them right to retain their good looks. Don't let the garments get too soiled before you wash them. To remove loose dirt and dust, brush each garment well before washing. Empty pockets carefully.

Use lukewarm suds for washing. Wash each garment as quickly as possible. Then rinse until the water is clear. Do not wring or crush the garment in any way.

Spread the garment out when hanging so that there will be no creases or folds. Just before it is dry, turn it face down, and press lightly. Don't let the weight of the iron down or slide the iron back and forth--the pile of corduroy mats easily.

Some people recommend ironing corduroy on a soft terry cloth towel. It "cushions" the material and prevents the nap from flattening. If the corduroy lacks luster, finish it by running the iron lightly on the right side in the direction of the pile. Hold the iron up so that its weight does not rest on the pile.

Frequently the nap will appear uneven in sections of the material after laundering and pressing. Brushing lightly with a rather soft-bristled brush will fluff the nap and straighten it.

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FOR RELEASE FRIDAY, DECEMBER 2, 1949

Mincemeat Fruit Cake--Quick-to-Make

URBANA--Quick-to-make is a mincemeat fruit cake recommended by Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. This fruit cake can be made in advance and aged, or served right from the oven.

Measure the ingredients accurately, check baking time and temperature, and you'll have no difficulty, Miss Cook says. This recipe has been tested and found good.

MINCEMEAT FRUIT CAKE

2 cups mincemeat	1 teaspoon vanilla
1 cup raisins	2 eggs, separated
1 cup nutmeats, chopped	2 cups flour
1 cup sugar	1 1/2 teaspoons baking powder
1/2 cup butter or margarine, melted	1/2 teaspoon soda
	1/2 teaspoon salt

To the mincemeat add raisins, nuts, sugar, butter or margarine, vanilla and egg yolks. Beat the mixture thoroughly. Sift the flour once before measuring: then add baking powder, soda and salt and sift again. Fold into the mincemeat mixture. Beat the egg whites until light and fluffy but not dry, and fold into the cake mixture. Pour into a well-greased tube pan and bake in a slow oven (325° F.) for approximately 1 1/2 hours.

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Homemaking

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FOR RELEASE SATURDAY, DECEMBER 3, 1949

Plan Ahead With Biscuit Mix

URBANA--Prepare a biscuit mix now so you'll have it ready for use "quick as a wink" during the busy holiday season ahead.

There'll be unexpected company for supper, last minute Christmas shopping to do, or friends over to help wrap gifts--you'll want to have something half prepared, so you'll just have to add finishing touches and pop it into the oven.

Mrs. Pearl Janssen, home economics instructor, University of Illinois College of Agriculture, suggests that you plan ahead with this biscuit mix. Be sure to keep it covered, and stored in a cool place.

BISCUIT MIX

8 c. sifted all-purpose flour	1 1/3 T. salt
1/4 c. double acting baking powder	2 t. cream of tartar
1 1/2 c. fat	

Sift flour, baking powder, salt, and cream of tartar together twice. Cut in the fat until the mixture has a fine, even crumb. Cover and store in a cool place.

To make a coffee cake, mix the following ingredients enough to blend well:

2 c. biscuit mix
2/3 c. milk

1/4 c. sugar
1 egg, slightly beaten

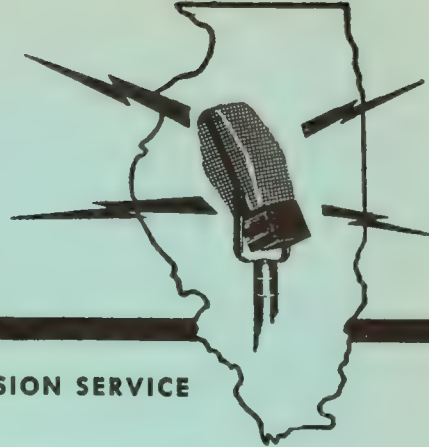
Place blended mixture in a 9-inch square pan and cover with topping mixture made from 2 tablespoons flour, 1/2 cup brown sugar, 1/4 teaspoon cinnamon, 1/2 cup chopped nuts and 1/4 cup melted butter or margarine. Bake at 375° F. for 25 to 30 minutes.

To make tea doughnuts, decrease milk in the coffee cake recipe to 1/2 cup and omit topping. Drop by spoonfuls into a kettle of hot fat; turn balls when they come to surface. Drain on absorbent paper. Dip one side into thin powdered sugar frosting and then into toasted coconut or finely chopped nuts.

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FOR RELEASE MONDAY, DECEMBER 5, 1949

Short Cuts for Those "Extrabig" Meals

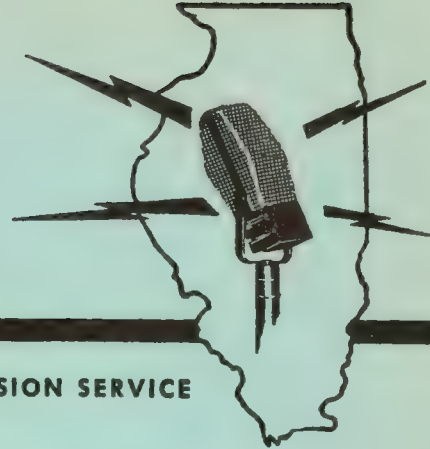
URBANA--December means big family dinners, church parties, or Christmas and community suppers again. If yours is the job of meal preparation, do some management planning before you "dive" into the work. You'll save time and energy, and perhaps serve a tastier meal too.

Miss Mary Goff, institution management instructor, University of Illinois home economics department, suggests these short cuts and plans.

1. Bake cakes in large sheets rather than in layers. Frost them right in the pans.
2. If pie is on the menu, mix the crust--water and all--the day before. Store it in the refrigerator. Next day bring it to room temperature to roll out.
3. Cook fruit filling to save time. Then fill the unbaked shells and bake. Be sure the filling is cool before adding it to the shell--otherwise the crust will soak.
4. If you're not sure of the number of people you'll serve, have baked pie shells and filling ready, so you can satisfy that call for "more."
5. If your time is limited, make cobbler with a pastry top instead of pie.
6. Cornstarch pudding can be made ahead of time. Use less cornstarch though. Otherwise, it'll be stiff and not have good texture.
7. Make gelatine desserts ahead of time. Reduce the amount of gelatine to avoid a heavy, rubbery product. For better flavor, use plain gelatine, and blend flavors with fruit juices.

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 6, 1949

Buy Safe, Suitable Toys

URBANA--Washable, too-big-to-swallow, and no sharp corners are three points to look for when buying Christmas toys for that youngster between 6 months and 2 years.

"Toys are a big part of a child's development," says Miss Alberta Reitze, home economics instructor, University of Illinois College of Agriculture. Every child needs play equipment which is well balanced and which contributes to all-around development.

Choosing toys can be almost as enjoyable for the grownup as it is for the youngster who receives them. Just remember to fit the toy to the child's interest and activity at his particular age.

Brightly colored lightweight toys of different textures are suitable for baby. Soft stuffed animals and dolls will interest your child up to the time he begins to creep. For the baby, avoid toys which are fluffly or fuzzy on the outside. These toys are suitable for an older child.

After creeping time, balls, push-and-pull toys, and blocks will attract your child's attention. Bath toys of rubber, plastic, or wood are popular and fun too. Toys to dig and pour sand are other favorites after 18 months or 2 years.

If you want to give your child a book, buy a picture book about animals, children, or objects which are familiar to him.

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12-2-49

Published Weekly by the Habit's News Company, 1000 Broadway, New York, N. Y.

Subscription Price, \$5.00 per Annum in Advance

Vol. 1, No. 1

The Habit's News is a weekly publication of the Habit's News Company, 1000 Broadway, New York, N. Y. It is published every week except on Sundays and public holidays. The price of the paper is \$5.00 per annum in advance. The paper is published by the Habit's News Company, 1000 Broadway, New York, N. Y.

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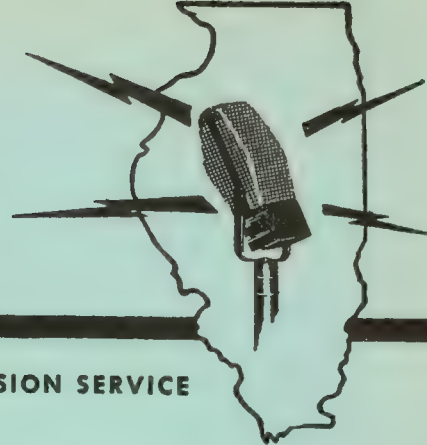
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Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 7, 1949

For Safe Christmas Tree--Use Water

URBANA--Water is the best way to keep your Christmas tree safe. And it's the easiest way too.

W. F. Bulkley, forestry specialist, University of Illinois College of Agriculture, said today to keep the butt of the tree in water when you have it in the house. This prevents dryness which may mean a fire hazard, and also will keep the needles from dropping as rapidly. You can add salt to the water--this helps hold the needles up.

Some other suggestions for Christmas tree safety are to keep the tree away from curtains--set the tree a few feet away from them. A fire would spread more rapidly if curtains were in close range. Be sure electrical cords are not frayed--open wires may mean fire or fatal shock. Never use candles on or close to the tree.

When selecting a Christmas tree, try to buy one that hasn't been cut too early. If possible, find out when it was cut--your tree will last longer if cut recently. If you buy a tree early, keep it outdoors. Place it in water, if possible.

As to variety, Balsam fir is the best, Bulkley says. Douglas fir is popular, and next in line. Pine trees--Scotch, Red, White, and Jack--are becoming more popular. Spruce trees are good for a week to ten days in the house. Then the needles drop.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 8, 1949

Make Mincemeat Bars Now

URBANA--Mincemeat bars--the answer to a tasty holiday treat and free time with your family. You can prepare these bars now and store them in sheet form until those busy holidays. Then you can cut into small squares for the candy dish or into strips for that holiday tea or open house.

For storing, wrap the pan of bars in wax paper, metal foil, or cellophane. If you wrap in wax paper, be sure to store in a tightly covered container.

This recipe for mincemeat bars is one of 27 well-tested recipes included in the University of Illinois bulletin "Cookies for All Occasions" by food specialists of the home economics department. You can get a free copy by writing the University of Illinois College of Agriculture, Urbana.

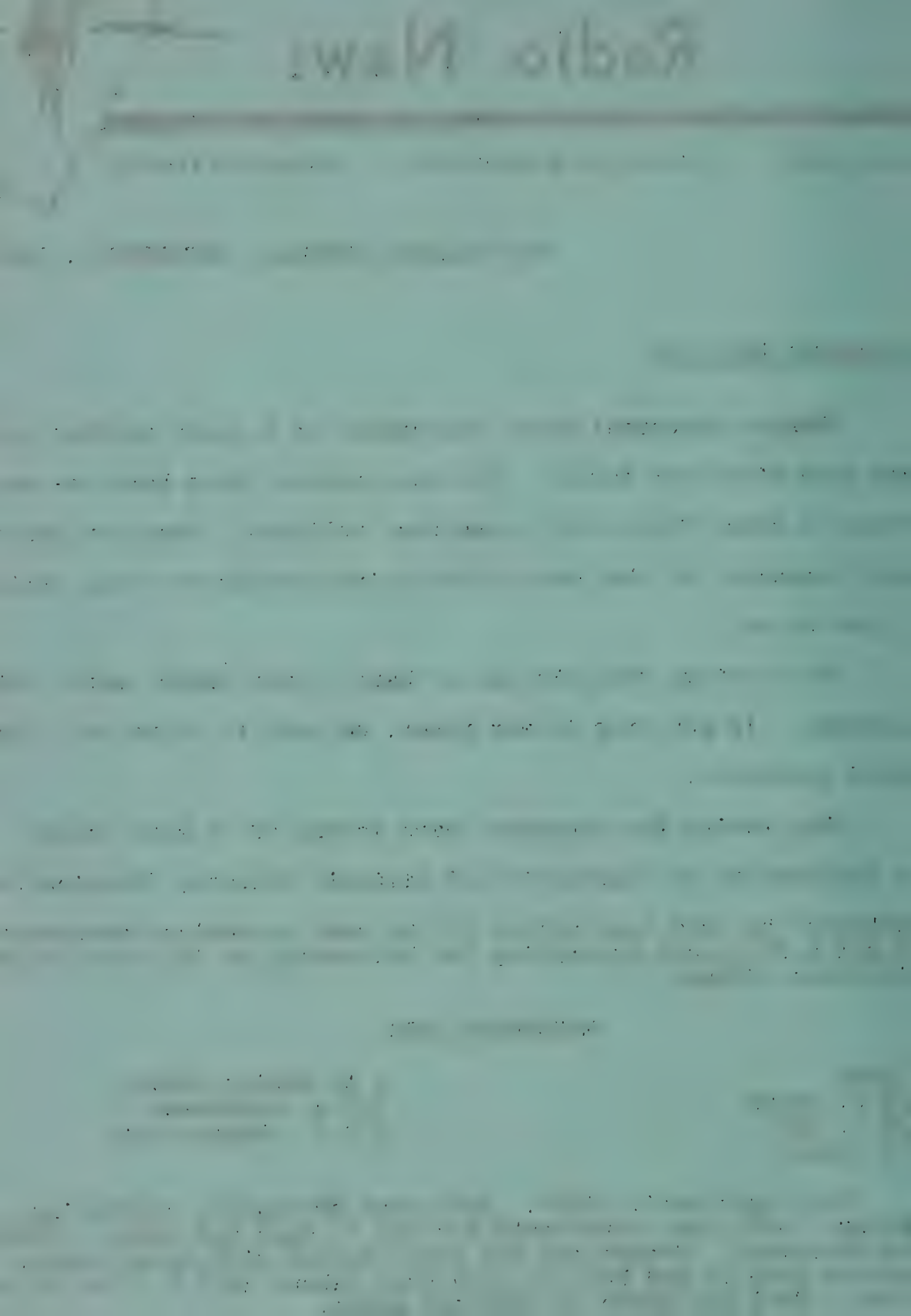
MINCEMEAT BARS

2 eggs
2/3 c. sugar
1/8 t. salt
1 c. flour

1 t. baking powder
3/4 c. mincemeat
1/2 c. chopped nuts

Beat eggs until light. Add sugar gradually, continuing the beating. Sift dry ingredients and add to eggs and sugar. Fold in nuts and mincemeat. Grease pan and cover bottom with waxed paper. Pour mixture into it and bake in slow oven (about 325° F.) for 25 to 30 minutes. Cool and store as directed above.

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12-5-49



FOR RELEASE THURSDAY, DECEMBER 8, 1949

Best Buys This Week--Fresh Fruit and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, quality, and supplies--are apples, cabbage, turnips, topped carrots, squash, onions, and Florida oranges.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, cauliflower, and cucumbers.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit and vegetable growing areas throughout the state.

FOR HOLIDAY SAFETY--Keep decorations well away from Christmas tree lights and from lamp sockets. Don't use cotton under a tree unless it has been treated chemically to make it fire resistant. Remove all gift wrappings from under and near the tree as soon as possible. Turn off the tree lights before leaving the house or going to bed. Don't ever permit candles to be used on or near a tree. Do not place the tree near a fireplace that will be used. And be sure to check the wiring and insulation of your Christmas tree lights by careful inspection before attaching to the tree.

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Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 9, 1949

Plan Roasting Time Now

URBANA--Christmas dinner is "just around the corner"--it's time now to think of roasting that turkey or duck for your traditional family gathering.

A "Timetable for Roasting Young Birds" by Frances Cook, foods specialist, University of Illinois College of Agriculture, lists oven temperature, total roasting time, and amount of bread crumbs for roasting chicken, capon, duck, goose, guinea, and turkey. This timetable is in handy card form for your recipe file.

"Many people overcook turkey or chicken," Miss Cook says. True roasting techniques, careful timing, and correct "doneness tests" must be followed to get a tasty juicy bird.

True roasting is slow cooking by dry heat on a rack in an open pan. It needs no water, no basting, and no cover. A shallow open pan is recommended because it allows the heat to circulate around the bird, roasting it evenly. A rack at least 1/2 inch high raises the bird off the bottom of the pan, keeping it out of the juices.

Don't use a fork to test for doneness, Miss Cook says. It is not a reliable test and juices escape from the meat. To make the test for doneness, take hold of the drumstick or wing, protecting your fingers with a cloth or paper. If it moves easily, it is done. Or press the thickest part of the drumstick with the fingers. When the meat feels quite soft, it is done.

If you use a meat thermometer, you'll be able to tell exactly when the bird is completely roasted. Insert the thermometer into the thigh muscle (for turkeys and larger birds) and cook until the thermometer registers 190° F. Or place the bulb of the thermometer in the center of the dressing (for chickens and smaller birds) and cook to 180-185° F.

Write the University of Illinois College of Agriculture, Urbana, for your "Timetable for Roasting Young Birds."

OK:lw

Published by the Radio News Company, 1000 Broadway, New York, N. Y.

Subscription Price, \$5.00 per Annum in Advance

Volume 1, No. 1

The first issue of the Radio News is now on sale. It contains a complete list of the radio stations in the United States, and a full description of the various types of radio sets and accessories. It is a valuable reference work for anyone interested in radio.

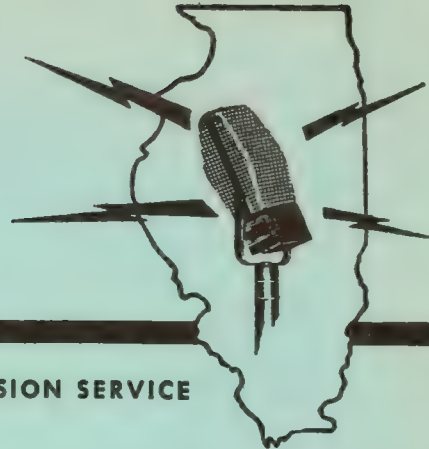
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 10, 1949

You Have a Date for Farm and Home Week

URBANA--You have a four-day date with the University of Illinois College of Agriculture--for its 1950 Farm and Home Week, February 6-7-8-9. Plan your time now, so you can attend this informative and interesting meeting--the college's biggest event of the year.

Dean H. P. Rusk of the College of Agriculture said plans are now being made for an outstanding program of interest to Illinois farm folks.

Top-notch speakers in agriculture and home economics are coming to Urbana to tell you of latest research findings and answer your questions of farm and home problems. Staff members will tell you of findings on the University campus; discussions will also enable you to "air" your problems.

Program planning has been underway since October under the direction of Associate Dean Robert R. Hudelson. Housing will be provided for the Illinois farmers, homemakers, and their families who will attend the meeting.

COK:lw

Radio News

WILLIAM H. WATSON, JR., PRESIDENT

NEW YORK

THE NATIONAL BROADCASTING COMPANY

TO THE RADIO NEWS BOARD

MEMORANDUM FOR THE BOARD OF DIRECTORS
SUBJECT: The National Broadcasting Company
The Board of Directors of the National Broadcasting Company has the honor to acknowledge the receipt of your letter of the 10th inst. regarding the proposed changes in the organization of the Company.

It is the policy of the Board to maintain the highest standards of efficiency and economy in the management of the Company. It is therefore recommended that the proposed changes be approved.

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Keep That Christmas Tree SAFE

URBANA--Locate your Christmas tree near enough to an electrical outlet so the lights can be plugged in without the use of an extension cord.

This suggestion was made today by Frank W. Andrew, rural electrification specialist, University of Illinois College of Agriculture. If it's possible in your house, it eliminates danger of shock from faulty extension cords, difficulty in making good connections, and tripping over a long extension cord.

Try to locate the tree as far away as possible from water pipes, radiators, and radio ground connections to further eliminate the possibility of shocks if decoration wiring is faulty.

If the tree has a water pan to keep needles from dropping too early, be sure none of the wiring dangles in the water. Select only strings of lights which are wired in parallel, Andrew says. This means that one bulb can burn out and the rest will remain lighted.

Make sure that the bulbs screw far enough into the sockets so tinsel won't contact the metal part of the socket. Better sets of lights have a fiber washer which the bulb presses against the socket to keep out foreign material. This also eliminates shocks from touching the metal part of the bulb or socket when lights are connected.

Leave a burned-out bulb in place until it is replaced by a new one. This will keep anything from falling into the open socket. To remove a broken bulb from its socket, first unplug the line from the outlet, and then insert a small cork into the broken bulb base. The remains of the base can be unscrewed without danger of cutting your fingers or damage to the socket.

Be sure to turn off tree lights when leaving the house. A branch may dry out and ornaments may slip and break, resulting in a fire if the filament of a broken bulb contacts some of the metal decorations.

If you use extension cords, inspect them for frayed insulation, cracked outlets, or broken plugs. Use only the best on the floor where children might play. Be sure the fuse on the circuit supplying the tree lights and electrical toys is not more than 20 amperes.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 12, 1949

Use a Live Tree for Christmas

URBANA--You can use a live tree as your Christmas tree. If you want a tree for your backyard and one to decorate too, buy a balled-and-burlapped tree.

This suggestion was made today by W. F. Bulkley, forestry specialist, University of Illinois College of Agriculture. You can use a fir, blue spruce, yew, or a juniper tree. A table tree about three or four feet high is large enough to handle.

When you set up the tree in the house, place the ball of earth inside a tub or container large enough to hold the earth and allow for some space between the container and the ball. Fill the space with soil.

Be sure to keep this soil moist. Apply water daily--so there is plenty of moisture to filter down. As long as the roots do not get dried out, Bulkley says, it will keep well and should grow successfully after planting.

When you plant the tree after the holidays, be sure to mulch it well with leaves or ground corn cobs. The mulch should be four inches deep and extend six to twelve inches beyond the branches. If the ground is frozen, you may need to get some unfrozen soil before planting to fill in around the ball.

COK:lw
12-7-49

Radio News

THE NATIONAL BROADCASTING COMPANY

Radio News

Radio News is a weekly news program that is broadcast on the radio. It is a program that is designed to provide listeners with the latest news and information. The program is hosted by a news anchor who reads the news and provides commentary on the events of the day.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 13, 1949

Fudge Success Can Be Yours

URBANA--Any time of the year may be fudge time--but Christmas is at the top of the list. Smooth, velvety, tasty fudge is the aim of every candy maker--young or old, beginner or veteran.

For smooth velvety fudge, cook the sirup to the right temperature or density, and cool it to the right temperature before beating. Cook the sirup to the soft-ball stage or 234 to 240° F., says Miss Grace Armstrong, foods specialist, University of Illinois College of Agriculture.

One of the most common failures in fudge making, Miss Armstrong says, is from beating the sirup too early. Let the sirup cool to 105 to 110° F. or until the pan can be held comfortably on the hand. In setting the pan to cool, do not "jiggle" the container.

Other steps for success are--have all sugar completely dissolved, and use an interfering substance such as honey, corn sirup, butter or cream, gelatin, or egg white to get crystals of fine size.

CHOCOLATE FUDGE

2 c. sugar	1- $\frac{1}{2}$ to 2 squares chocolate
1 t. corn sirup	1/4 t. salt
1 c. coffee cream	1/2 t. vanilla
(18 percent)	1 c. nut meats, if desired

Combine sugar, corn sirup, cream, chocolate, and salt. Stir until the sugar is dissolved and the chocolate melted. Bring the

Fudge Success Can Be Yours - 2

sirup slowly to the boiling point stirring most of the time. Cook to the soft-ball stage (about 234° F.). At first stir the mixture occasionally; toward the end stir it more often to keep it from sticking to the pan.

As soon as the soft-ball stage has been reached, remove the sirup from the fire and set aside to cool. Cool to 105° F., or until the pan can be held comfortably on the hand. Beat the candy sirup until it loses its glossy, sticky appearance and becomes soft and creamy; quickly add the vanilla and nut meats; then continue beating a few seconds longer. At the first sign of stiffening, turn it quickly into a buttered pan or knead as desired.

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1. The first step is to identify the problem. This involves understanding the symptoms and the context in which they are occurring. It is important to gather as much information as possible from the patient and any relevant sources.

2. Once the problem is identified, the next step is to develop a differential diagnosis. This involves listing the possible causes of the symptoms and ranking them based on their likelihood. This step is crucial for narrowing down the possibilities and focusing on the most likely causes.

3. The third step is to perform a physical examination. This involves checking the patient's vital signs, looking for any visible signs of distress, and performing specific tests to check for abnormalities. The results of the examination will help to further refine the differential diagnosis.

4. The fourth step is to order any necessary tests. This may include blood tests, imaging studies, or other diagnostic procedures. The results of these tests will provide additional information to help with the diagnosis.

5. The final step is to develop a treatment plan. This involves deciding on the most appropriate interventions for the patient's condition. This may include medications, surgery, or other therapies. The treatment plan should be tailored to the individual patient and their specific needs.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 14, 1949

Keep Your Kitchen Safe During Busy Holidays

URBANA--Provide a safe play space for your child in the kitchen during the busy holidays. A safe play space is one away from the sink and range, not in front of a doorway or passageway, and one large enough for some toys.

This advice comes today from Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. Mothers are as "busy as bees" baking pies, cakes, and other goodies during the holidays--special steps must be taken for child safety.

It is not enough to give your child an empty play space, Miss Ward says. He must have equipment to play with, so that he won't be in mother's way. Give your child a table, chair, and toys for the play space.

Don't overdo Christmas, Miss Ward cautions. People often stay up late and are irritable and on edge the next day. This leads to hurried work and accidents. Be sure to slow down, and take safety measures to prevent mishaps.

If you spill water or fat while you're busy in the kitchen--stop right then and there, and wipe it up immediately. Otherwise someone else as well as yourself may slip and hurt himself.

Remember too, Miss Ward adds, that icy steps are dangerous for children and adults. Clear off paths and sidewalks before someone falls. Use ashes or salt promptly if walks are slippery.

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FOR RELEASE THURSDAY, DECEMBER 15, 1949

Pecan Cookies--Tasty and Economical

URBANA--Pecan cookies are first in the line of goodies for Christmas. Why? Because supplies of pecan are heavy at your market, and because they're extra tasty and easy to make.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, recommends this recipe. "These cookies are some of the best I know," Mrs. Janssen says.

PECAN COOKIES

Temp. 350° F.

Time: About 30 to 45 minutes

1/2 c. butter
1/4 c. confectioner's sugar
1/16 t. salt
1/4 t. almond flavoring

1/2 t. vanilla flavoring
2 T. water
2 c. sifted all-purpose flour
1 c. chopped pecans

Cream butter, add sugar, salt, and flavorings. Mix well.

Add water, pecans, and flour. Mix to a stiff dough. Shape in finger shapes with hands. Place on ungreased pan and bake until crisp and only slightly brown. Roll in confectioner's sugar. Yield: About 3 1/2 dozen.

This recipe is one of six cookie recipes which you can get by writing the University of Illinois College of Agriculture, Urbana. Mrs. Janssen has selected recipes of different kinds--refrigerator, shape-in-hand, roll, bar, drop and "press" cookies.

COK:lw

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Radio News

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Best Buys This Week--Fresh Fruit and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, quality, and supplies--are apples, cabbage, broccoli, squash, topped carrots, spinach, and rutabaga.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, peppers, cucumbers, and snap beans.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit and vegetable growing areas throughout the state.

Tricks With Nuts for the Holidays--Use that heavy supply of almonds, walnuts, filberts, and pecans to advantage during the holiday season.

To use nuts in baking, you don't need to change the amount of any of the other ingredients, except to add a little more liquid in bread and cakes. Use from one-fourth to one-half cup of nuts for each cup of flour. Here's a good pie crust for cream filling: Substitute finely ground pecans for one-half the fat in any satisfactory recipe for plain pie crust. Then mix and bake in the usual way.

For sandwich fillings to use in that holiday smorgasbord, mix nuts with cheese, dates, dried fruits, or chopped ham. Cheese balls or pieces of bananas covered with mayonnaise may be rolled in chopped nuts. When you use walnuts in salads, add them just before serving so that they won't discolor the salad.

Homemaking

Radio News



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FOR RELEASE FRIDAY, DECEMBER 16, 1949

Get Proper Bleeding for a Well-Dressed Chicken

URBANA--Proper bleeding is one of the important steps on the way to a well-dressed chicken, says S. F. Ridlen, poultry specialist, University of Illinois College of Agriculture.

Many chickens will be on the way to market in the busy holiday season ahead. So here are some suggestions for proper killing and dressing:

To get proper bleeding, hang the bird by its legs. Then cut diagonally across the roof of the mouth. Hang a weighted blood cup from the mouth. Stick a knife into the brain to relax feathers for dry picking. This method is quick for quantity killing, Ridlen says. If you're not equipped to hang the chicken and if you're killing only a few, cut off the head and let the blood drain.

For slack scalding in commercial dressing, the temperature of the water is usually kept at 128 to 130° F. For home dressing, a somewhat higher temperature may be used. Caution: Keep the temperature of the water below 150° F.

Birds are easier to draw if they have been chilled to about 32 to 34° F. If this is not convenient, they should be drawn as soon as they are picked. To prepare for drawing, singe the bird over a gas or paper flame. After singeing, brush the bird thoroughly. Remove tendons which connect the muscles of the drumstick with the toes. To do this, make an incision in the back side of the shank, slip a nail or hook under the tendons one at a time, and give it a steady pull. Then you can cut the shanks off at the hock joint.

The next step is washing the chicken. Be sure to wash it thoroughly. After the drawing procedure, cool the bird as rapidly as possible in cold water. After it is cooled, freeze it immediately.

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Homemaking

Radio News



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FOR RELEASE SATURDAY, DECEMBER 17, 1949

Make a Short-Cut Fruit Cake Now

URBANA--You have time yet to make a fruit cake. This reassuring announcement comes today from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

A Short-Cut Fruit Cake which may be served at once or aged for several weeks is suggested by Miss Cook. So if fruit cake-making slipped your mind or if you've been too busy, take time now to do it.

SHORT-CUT FRUIT CAKE

3-pound cake

325° F.

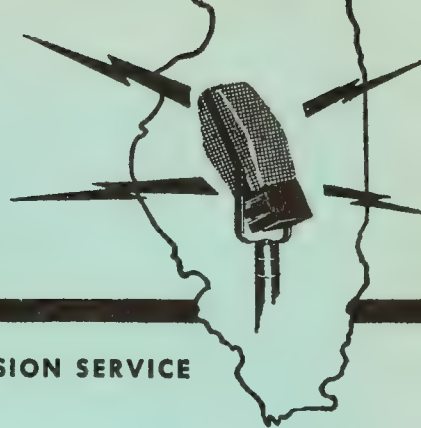
2/3 c. fat	1 1/2 t. baking powder
1 t. vanilla	1/2 t. soda
1 c. sugar	1/2 t. salt
1/3 c. marmalade or jelly	1 c. whole raisins
3 eggs	1 c. chopped nuts
2 1/2 c. sifted all-purpose flour	1 pound green tomato or other mincemeat

Blend together fat and vanilla. Gradually add sugar, and marmalade or jelly, creaming thoroughly after each addition. Add eggs one at a time, beating well after each. Sift together flour, baking powder, soda, and salt. Combine 1/2 cup of the dry ingredients with raisins and nuts. Add remaining dry ingredients alternately with mincemeat to the creamed mixture, beginning and ending with dry ingredients. Add raisin and nut mixture. Pour into a greased 7 1/2-inch tube pan or use loaf pans. Bake in slow oven (325° F.) for 1 1/2 hours. Cool 1/2 hour before removing from pan.

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Homemaking

Radio News



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FOR RELEASE MONDAY, DECEMBER 19, 1949

How-to-Choose Toys for Your Two to Four-Year-Old

URBANA--Simple toys which do not call for much fine muscle coordination are suitable for your child between two and four years old.

This suggestion for choosing Christmas toys was made today by Miss Alberta Reitze, home economics instructor, University of Illinois College of Agriculture.

Puzzles with only a few pieces, and crayons and chalk which can be used on large surfaces, are suitable for quiet play. For active physical play, toddlers need push-and-pull and pedal toys. Cars and trucks should be big enough to straddle and push. Animals on wheels also capture the attention of two- to four-year-old youngsters.

Swings, teeter-totters, wagons, wheelbarrows, and small doll carriages are other favorites at this age. To satisfy the desire to make noise and manipulate things, choose pounding sets. Building blocks of different sizes and colors, and nested blocks and boxes, provide play interest.

Little girls of this age will enjoy dolls, doll accessories, tea-party sets, and cooking and housekeeping equipment like Mother's. Simple musical instruments like tom-toms, musical tops, and xylophones will also be of interest. Small phonographs and records will provide the opportunity for both enjoyment and learning. Toy pianos are other favorites of children at this age.

Radio News

THE RADIO NEWS SERVICE

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 20, 1949

How to Roast That Christmas Ham

URBANA--Remember correct roasting techniques when you prepare that half or whole ham for Christmas dinner, says Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture.

Correct roasting means slow cooking by dry heat on a rack in an open pan without any water, basting, or cover.

A ham weighing 10 to 14 pounds will serve 20 or more people. Here's how to roast it: Place the ham fat side up on a rack in a shallow roasting pan. If you have a meat thermometer, insert it so that the bulb reaches the center of the thickest part. Be careful to see that the bulb does not rest in fat or on bone. Roast in a slow oven (300° F.) until the thermometer registers 170° F.

Allow 15 minutes per pound for "tenderized" ham, 25 minutes per pound for a whole ham, and 30 minutes per pound for a half ham.

Although most cured hams are "tenderized" by partial or complete cooking in the smokehouse at the packing plant, they should be cooked thoroughly to avoid any danger from trichinosis.

A well-glazed ham garnished with fruit looks attractive, is easy to serve and tastes good. Choose a well-flavored sauce to serve with it.

COK:lw
12-16-49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 21, 1949

Time for a Taffy Pull!

URBANA--When your teen-agers plan an afternoon or evening at home to let their friends see the Christmas tree and gifts, it's a good time to have a taffy pull, says Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture.

In cooking taffy sirup, use the soft crack test for doneness. When dropped into very cold water, the sirup separates into threads which are hard but not brittle. Cook the sirup to a temperature of 272° F.

Here is the recipe suggested by Miss Armstrong:

WHITE TAFFY

2 c. sugar
1/2 c. light corn sirup

2/3 c. water
1 t. vanilla

Combine sugar, corn sirup, and water, and cook until small amount of the mixture will crack when dropped into cold water (272° F.); add vanilla. Turn onto greased platter and let stand until cool enough to handle. Pull candy, using tips of fingers, until it is firm, white, and porous. Stretch out into long rope, twist slightly, and cut with scissors (which are dipped frequently into cold water) into one-inch lengths. If not used at once, wrap in waxed paper.

COK:lw
12-16-49

Radio News

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Radio News

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Homemaking

Radio News



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FOR RELEASE THURSDAY, DECEMBER 22, 1949

Check That Grocery List Again

URBANA--For quick meals or snacks during those busy holidays, check the food supply once more before Christmas week. You might want to order extra supplies, says Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

People do "happen in" during the holiday season, and something interesting to serve is the mark of a good hostess.

Check the amount of staple foods like flour, all kinds of sugar, spices, flavoring, fat, etc. Remember that the larger the amount purchased, the less the price per pound; the use and storage space will determine the quantity you'll buy.

Class studies indicate that pure extracts, while more expensive than others, are better in flavor, Mrs. Lamkin says. Spices are usually purchased best when in small units in tin containers, because spices lose flavor upon aging.

Remember that nuts in the shell will probably have the best flavor. Shelling is a job for the children, and it will give them a chance to share in the activities. A pound of nuts--both pecans and walnuts--will yield two cups or one half pound of shelled nuts. At present prices, they represent a saving of about twenty cents a pound in comparison with those purchased already shelled.

COK:lw
12-19-49

Best Buys This Week--Fresh Fruit and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, quality, and supplies--are apples, cabbage, leaf lettuce, Michigan celery, squash, topped carrots, and turnips.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, broccoli, green beans, and cucumbers.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

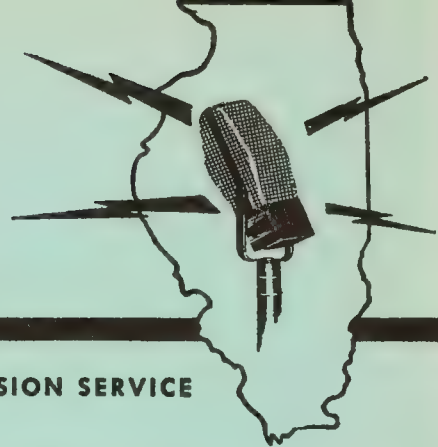
CHRISTMAS SAFETY means Christmas happiness. Avoid a hazardous fire--throw package wrappings away quickly after unwrapping gifts. When children play with electrical toys, make sure an older person is present. Examine new toys carefully for sharp corners or loose pieces so that your child won't hurt himself.

COK:lw
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Homemaking

Radio News



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 23, 1949

Door Decorations and Table Centerpieces for Christmas

URBANA--Deck the house for Christmas. If door decorations and table centerpieces are on your list, a good rule to follow is have a center of interest in each decoration, and subordinate the other items to it.

"There's no one recipe for a door decoration or table centerpiece," says Miss Kathryn Weesner, home economics instructor, University of Illinois College of Agriculture.

The evergreen you use to decorate your front door needn't be in the shape of a wreath. You can form it into the shape you want. And you can add bells, pine cones, or stars to the greenery if you wish.

If you have some stubby candles, melt them, save the wicks and reshape them into a large candle for a centerpiece. Paper milk cartons, tin cans, or jello molds can be used as forms. You can make a rough-surfaced candle by melting additional wax and beating it with an egg beater when it's just getting solid. When it's lumpy, spread it on the solid candle. Or you could use melted wax in a contrasting color to paint loops or other simple designs on the candle.

Use some Christmas tree ornaments for a center of attraction on your table too. Slide the metal holders of the ornaments onto a spindle and use some evergreen to trim the base of the spindle.

Radio News

Published by the Radio News Company, 1000 Broadway, New York, N. Y.

Subscription price, \$5.00 per year in advance.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 24, 1949

Quick and Efficient Salad-Making

URBANA--Make the best use of work equipment when preparing salads for that holiday luncheon or buffet supper. Whether you're serving five, twenty, or thirty guests, you'll need to plan ahead for quick, efficient salad-making.

Set up a salad work center which includes a good work table or wooden board, an ice-filled pan, a colander or wire strainer for draining greens, good knives, and kitchen shears.

This suggestion was made today by Miss Mary Goff, institution management instructor, University of Illinois College of Agriculture.

Assemble all necessary equipment and ingredients before you begin actual preparation. For cutting vegetables, use a French knife with a downward motion on a cutting board. Kitchen shears are handy items for quick cutting of lettuce, spinach, parsley, and other greens. Use them often. A fruit knife (one with a five- or six-inch blade) and paring knives are other necessary cutting equipment. All knives should be clean and sharp.

Be sure plates are well chilled before you place the salad on them. Arrange the salad so that it doesn't extend over the edge of the plate; let the plate form a frame for it.

If you must hold salads before serving, place them in a pan of ice until dinner time.

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 26, 1949

Plan Simple Refreshments for Children

URBANA--If your "small fry" has open house one afternoon so that his friends can see his Christmas gifts, plan refreshments and tidbits which steer away from oversweetness. The children are probably stuffed with candy and sweets already.

This suggestion was made today by Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture.

Consider serving such refreshments as a fruit drink with plain cookies or graham crackers. Jello is a favorite with children. Green jello with fruit in the shape of Christmas trees will please them.

Or why not serve a milk drink? That brisk weather calls for a hot cocoa drink, but be sure it is not too sweet. Serve cookies--animals, stars, or trees--with the cocoa to give a holiday touch.

Brightly colored glasses or straws and a tray trimmed with Santa Claus and his reindeer will add festivity to the "small fry's" afternoon.

Remember, Miss Briggs added, that it is a desirable social experience for your child to eat with other children. Set a special time and place for those afternoon refreshments.

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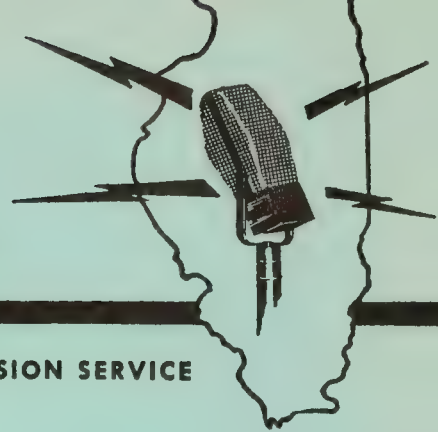
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Homemaking

Radio News



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FOR RELEASE TUESDAY, DECEMBER 27, 1949

Return Christmas Gifts Promptly

URBANA--If you received a Christmas gift you can't use, or one that doesn't fit, be sure to return or exchange it promptly.

This advice came today from Miss Florence King, clothing specialist, University of Illinois College of Agriculture.

The longer Christmas gifts are out of the market, the greater the loss to the merchant; and, in turn, the greater the price to the consumer. The price must take care of losses which are caused by careless buying and late returns.

There is an enormous problem connected with merchandise returns--they take the clerks' time, as well as your own time and energy, and result in a financial loss to the merchant.

Before you return the gift, be sure it is something you can't use. If you do return it, it should be absolutely clean; lipstick or perspiration stains are inexcusable. Do not try to return goods in poor condition.

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FOR RELEASE WEDNESDAY, DECEMBER 28, 1949

Store a Few of the "Too-Many" Christmas Toys

URBANA--For your child's interest and safety, put a few Christmas toys away.

Children who receive a great number of toys for Christmas are likely to lose interest quickly if they play with all of them. Also, toys in numbers are apt to be stepped on, leading to possible breakage of the toy and injury to the child.

"Little children become confused when they have too many choices of toys," says Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture.

So if favorite uncles or aunts have given your child too many toys, put some away. His interest in them will last longer if you do. And, too, he'll have something "brand new" to play with a month or so after Christmas.

If a toy is too old for your child, put it away until he is old enough to appreciate it. For example, a soft fuzzy animal is not suitable for a baby who puts everything in his mouth. Store the toy until he is past the "everything-in-the-mouth" stage.

Similarly, well-illustrated children's story books are right for a three or four-year-old; but a younger child is likely to tear and chew the pages. Store the books until he is old enough to enjoy the illustrations and not damage the book.

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Homemaking

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UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 29, 1949

Best Buys This Week--Fresh Fruit and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, quality, and supplies--are midwest apples, spinach and other greens, topped carrots, squash, cabbage and Chinese cabbage.

If you do not have to watch your food budget too closely, you'll be interested in snap beans, iceberg lettuce, tomatoes and cucumbers.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

Refreshments for Those Impromptu Parties

For simple parties around the fireside on crisp winter evenings, Miss Ruth Hodgson, food specialist, University of Illinois College of Agriculture, recommends bowls of bright red apples and popcorn for refreshments. Guests like to help pop the corn--just have necessary ingredients and utensils handy. Another "quickie" is a "toasted marshmallow--graham cracker--sweet chocolate" sandwich. The combination of flavors is very good. Just toast a marshmallow, place it on a graham cracker, cover with a square of sweet chocolate, and finally top with another graham cracker. It's easy to do and so tasty too.

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Radio News

THE NEW YORK TIMES

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Remove Candy Stains Promptly

URBANA--Candy--the favorite of Christmas refreshments--may cause stains on those new party clothes. Miss Florence King, clothing specialist, University of Illinois College of Agriculture, recommends that you remove such stains promptly.

Some easy-to-do steps will get stains out at home. For a candy stain which contains sugar and no fat, use water. Dip a toothbrush into lukewarm water and tap the stain with the brush to get the water completely through it. Then dry with a chamois.

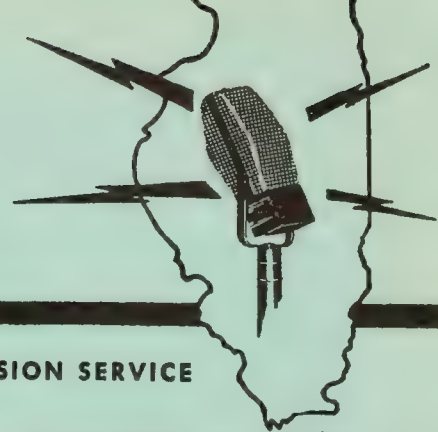
"Always work with the grain of the cloth," Miss King cautions. Follow the lengthwise or crosswise yarns while tapping the water into the cloth and while drying it.

If the stain is of sugar and fat (such as fudge) remove the sugar first, following the procedure given above. Then, to remove the fat, tap the stain with carbon tetrachloride or other solvent, using a toothbrush and the same technique as above. To prevent a ring, dry the cloth with a chamois.

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12/22/49

Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 30, 1949

Your New Year's Party Can Be Easy

URBANA--"Put your guests to work--and you'll have a New Year's party which requires little advance preparation," says Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture.

Let the party "just happen," Miss Hodgson says. As hostess you need only set the stage. Plan refreshments which your guests can prepare easily. Be sure to have all necessary ingredients on hand--perhaps you might even measure some of them before the guests arrive. Remember to plan work-centers so that no one area will be crowded.

Making ice box cookies might be an assignment for one guest. Have your favorite rolled-dough recipe in the refrigerator, ready for slicing and baking.

Prepare sandwich spreads before the party, and let each person make his own sandwiches. Be sure to have necessary utensils, trays, and ingredients at hand.

Bright red cranberry punch served piping hot will add the right sparkle to your party. Let someone mix the punch from the foundation recipe prepared earlier that day. For the foundation, mix 3 cups strained orange juice, $1\frac{1}{2}$ cups lemon juice, 2 cups sugar, and enough water to make one gallon. Then all your guest will have to do is mix three parts of the foundation with one part of cranberry juice.

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Homemaking

Radio News



UNIVERSITY OF ILLINOIS • COLLEGE OF AGRICULTURE • EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 31, 1949

Plan for 1950 Spending and Saving

URBANA--Have you made any New Year's resolutions yet?

Here's one for your money management plan.

Get your money plans--for spending and saving--on paper. A University of Illinois booklet, "Our Family's Money Management Plan" is a valuable tool designed for both annual and long-time financial planning.

Mrs. Ruth Freeman, home accounts specialist, University of Illinois College of Agriculture, says, "The first of the year is a good time to evaluate past family expenditures and savings, and make plans for another year."

Six steps which the booklet lists for long-term financial plans are:

1. List both general and specific goals which your family plans to reach immediately or in the future.
2. Analyze your present situation and review use of family resources in past years.
3. Record the fixed annual outgo (such as insurance, notes, interest, auto license).
4. Record the estimated annual flexible outgo including purchased food and clothing.
5. Record infrequent expenditures and savings for the next seven years or more.
6. Coordinate estimated annual outgo with estimated net income.

Free copies of "Our Family's Money Management Plan" are available by single request from the University of Illinois College of Agriculture, Urbana. Start the New Year right--write for yours today.

Radio News

Continued from page 1

THE NEW YORK TIMES

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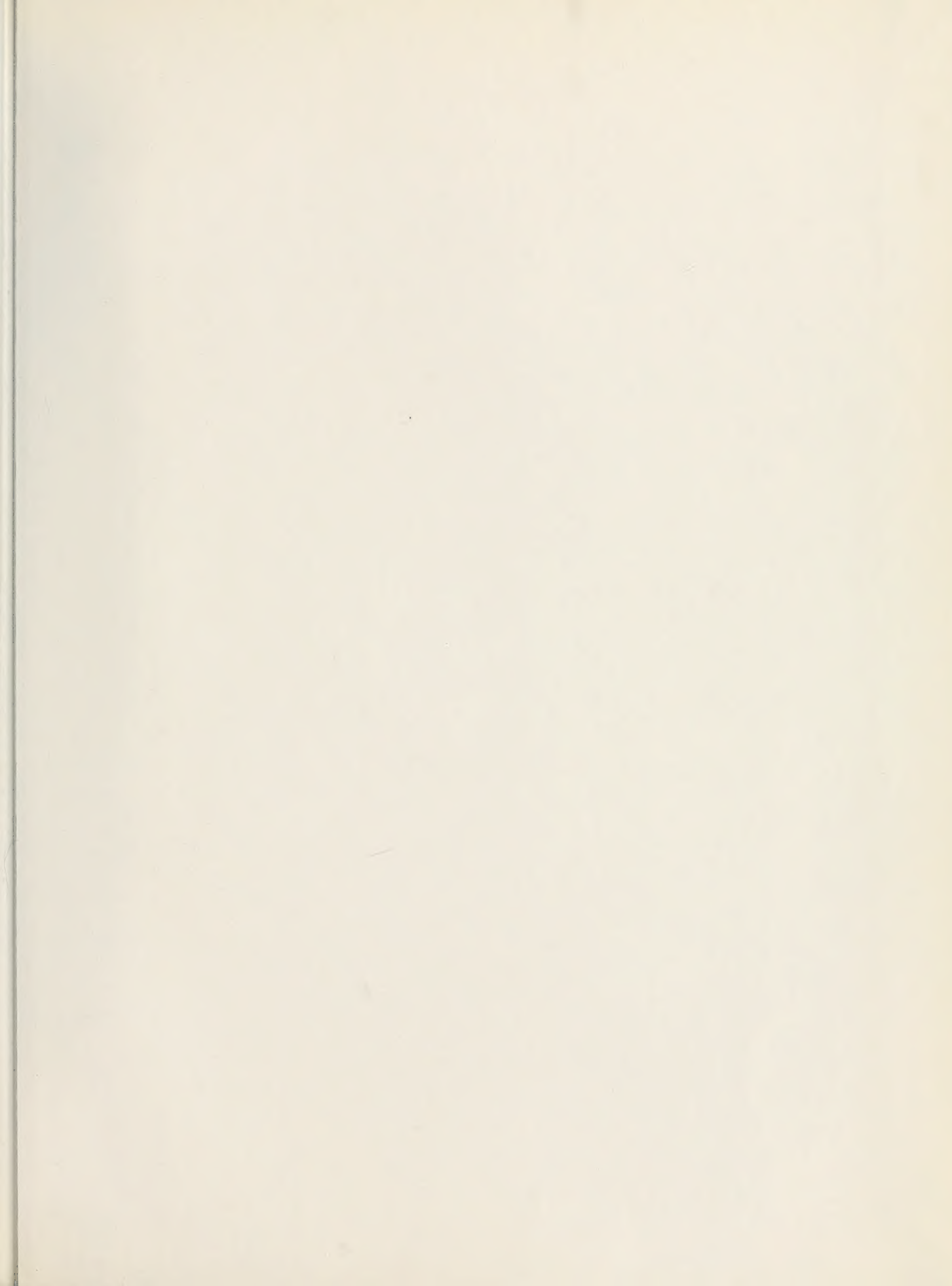
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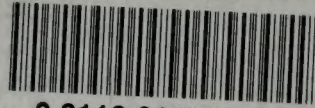
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